

What is a heart and diabetes check?

Ex-All Black Wayne 'Buck' Shelford is having a 'Heart and Diabetes Check'. He's doing it for his family.

A heart and diabetes check will assess your risk of a heart attack or stroke and give you the chance to talk to your doctor or nurse about ways to keep your heart healthy and to lead a healthier life. As part of the check a blood test will be taken that confirms if a person has diabetes or pre-diabetes (when a person's blood glucose (sugar) is higher than normal but not high enough to be called diabetes).

A heart and diabetes check looks at:

- risk factors such as smoking, exercise and diet
- any family history of heart attack, stroke or diabetes
- your blood pressure, height, weight and waist measurement
- test for cholesterol and blood glucose levels (for diabetes).

After considering all these factors, the doctor or nurse will calculate the risk of having a heart attack or stroke over the next five years and discuss how to reduce the likelihood of developing heart disease or diabetes.