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**NHS HEALTH CHECK – Helping you prevent heart disease, stroke, diabetes, kidney disease and dementia**

The NHS Health Check programme aims to help prevent heart disease, stroke, diabetes, kidney disease and certain types of dementia.

Even though you may be feeling fine, we are offering a free NHS Health Check for everyone between the ages of 40 and 70 who have not already been diagnosed with one of these conditions or have certain risk factors.

You are invited to have a check to assess your risk of heart disease, stroke, kidney disease and diabetes and you will be given support and advice to help them reduce or manage that risk.

Your NHS Health check will take less than half an hour and involves some simple questions about your lifestyle, family medical history and measurements such as age, height, weight, blood pressure will be taken. You will also have a blood test to measure your cholesterol level and your results will be given to you.

If you are over 65 you will also be informed about the signs and symptoms of dementia.

After your results have been explained you will be offered personalised advice and support to help stay healthy.

By having a routine NHS Health check every 5 years you can take action early and improve your chance of a longer, healthier and happier life. You may be surprised how some small, long-lasting changes to your lifestyle can make a huge difference.

If you would like a free NHS Health Check please contact our Patient Care Adviser team on 0113 2720720 (press option 2) to arrange an appointment.

Yours sincerely

Dr G S Randhawa & Partners