



**CUMBERLAND HOUSE**

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**PRIMARY HEALTH CARE CENTRE**

<b>Cumberland House</b>	
Waters Green Medical Centre Sunderland Street Macclesfield Cheshire SK11 6JL	Phone: 01625 428081 Fax: 01625 503128 <a href="http://www.cumberlandhousesurgery.nhs.uk">www.cumberlandhousesurgery.nhs.uk</a>

**Yearly  
Health Review**

## What is a yearly health review?

This is an annual health check for all patients within the practice who have:

- ◆ Hypertension (“blood pressure”)
- ◆ Heart problems—this can be many years ago but the check still needs to be done.
- ◆ Asthma.
- ◆ COPD—a chronic condition of the lungs.
- ◆ Impaired glucose intolerance.

It is intended to be a “one stop shop” in order that your visits to the surgery are kept to a minimum whilst ensuring you are well looked after.

## What will happen when I come to the clinic?

- ◆ Blood Pressure.
- ◆ Weight (and height if not previously recorded).
- ◆ Check your urine sample.
- ◆ Discuss your blood test results—if any.
- ◆ Go through lifestyle advice where needed.
- ◆ Review your medication.
- ◆ Check inhaler technique—asthma and copd only.
- ◆ Discuss any problems you may be having, connected to the condition.

## Who will I see at the clinic?

The Practice Nurse. If the Practice Nurse feels that you need to see a doctor, this will be arranged. Your appointment with the Practice Nurse will last approximately 20 minutes.

## When do clinics run?

Monday to Friday—8am—6pm.

## How often do I need to come?

Just once a year unless the nurse (or your doctor) request you to come back earlier.

**Please remember!**

**Your doctors are  
always working  
towards looking after  
their patients  
effectively, efficiently  
and with care.**