



Colm is a 62-year-old man who has been invited to have an NHS health check at his local GP clinic. An appointment is scheduled for a Tuesday morning. A nurse asks him questions about his lifestyle, where Colm explains that he smokes about 10 cigarettes a day, drinks around 13 units of alcohol a week, and that he has a sedentary lifestyle other than light DIY around the house. He also explains that his father has had a heart attack at 58, and that he is not currently taking any medications.

The nurse measures Colm's height and weight, finding that he has a BMI of 28, and measures his blood pressure and cholesterol levels. He has a blood pressure reading of 135/85 mmHg and his total cholesterol level is 220 mg/dL.

The nurse explains that Colm has an increased risk of cardiovascular diseases, due to his lifestyle factors, his family history of stroke, and his increased blood pressure and cholesterol levels.

He agrees to be referred to smoking cessation services and is given information and advice on how he could manage his weight through increased exercise and changes to his diet. The nurse tells Colm that in order to confirm his blood pressure reading, ambulatory blood pressure monitoring is required. They schedule a follow-up appointment the following afternoon to return the device and to download the results.