

Preventative Health Check

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Have you ever been diagnosed with:

High blood sugars or insulin _____

High blood pressure _____

High triglycerides _____

PCOS _____

Fatty liver disease or abnormal liver function _____

Low HDL 'good' cholesterol _____

Have you had a coronary artery calcium score? If so, what was the score?

When you picture your last decade alive in your 80s/90s/beyond, what abilities are most important to you (can tick many)?

Independent care for self _____

Staying socially active _____

Engaging in meaningful work _____

Travel _____

Being active with friends and family _____

Being active in community groups/volunteer/church _____

Being active in outdoors _____

Continuing hobbies (please list) _____

Playing with grandchildren/great grandchildren _____

Other _____
