

Hamilton Medical Centre

This page tells you about the Health Check and why it is important to have one.

People with learning disabilities have more health problems than other people.
People with learning disabilities may find it difficult to go to the doctors for lots of reasons.
It is important to be fit and well so you can do all the things you enjoy doing.
Having a health check will help you to stay fit and well.

What will happen during the health check?

You will be asked some questions about your health things like



- What food you eat
- If you smoke
- If you have any health problems like epilepsy
- If you have problems with your eyes and ears



You will be asked to have your blood pressure checked.

You might be asked to have a blood test.

This is where a needle takes a small amount of your blood.

If you have any worries about this you can speak to the doctor /nurse.



The Doctor or Nurse will check what medicine you take.