

# HEALTH TRACKER

HEALTH SCREENINGS



**Developed by**  
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**Learning Disability Service**  
**NHS Lothian**

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# About me



**Name:** \_\_\_\_\_

**Date of birth:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

\_\_\_\_\_

**Health conditions:** \_\_\_\_\_

\_\_\_\_\_

**Who supports me?** \_\_\_\_\_

\_\_\_\_\_

**Welfare Guardian?** \_\_\_\_\_

\_\_\_\_\_

## Family history of cancer

Breast

Testicular

Bowel

Prostate

## Breast screening

The breast screening programme is aimed at women aged between 50 and 70 years. Women between these ages should be screened every three years.

This is because the risk of developing breast cancer increases with age and mammograms are the most effective method of detecting breast cancers.

8 out of 10 breast cancers are found in women aged 50 and over.

### **Woman over the age of 70:**

While women over 70 do not receive invitations to the national screening programme, there is still a risk of developing breast cancer and monitoring should be considered.

## Bowel screening

The bowel screening programme is aimed at men and women aged between 50 and 74. Screening should take place every two years.

Bowel cancer is the third most common cancer in Scotland. This is particularly common in men. Approximately 4,000 people in Scotland are diagnosed with the disease every year.

Bowel cancer can be most easily treated if identified early, with successful responses to treatment in nearly 90% of cases.

## Cervical screening

In Scotland, the cervical screening test is offered to all women: between the ages of 25 and 64 every 5 years. Cervical screening is sometimes called the 'smear test.'

8 out of 10 cervical cancers can be stopped from developing following earlier identification.

## Abdominal Aortic Aneurysm screening

Men across Scotland in their 65th year are invited to be screened for Abdominal Aortic Aneurysm. The aim is to reduce the number of deaths related to this condition among men in Scotland.

The easiest and best way to find out if a person has an aneurysm is to have an ultrasound scan of their abdomen.

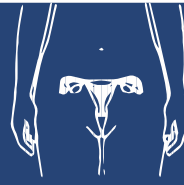
If they are uncertain whether to take up an NHS screening invitation, look for further information to help them decide or ask for advice from a trusted local health professional.



**Breast  
Screening**



**Bowel  
Screening**



**Cervical  
Screening**



**Dentist  
(every 6 months)**

**APPOINTMENT DATES**

Breast Screening	Bowel Screening	Cervical Screening	Dentist (every 6 months)



**Hearing**  
(every 2 years  
for people with  
Downs Syndrome)



**Optician**  
(every 2 years)



**Annual  
health check**



**Seasonal  
Vaccines**



**Specialist  
appointments**

**Please note dates are for guidance only. If anyone has any concerns, contact the relevant health professional immediately.**

## Oral Health and Dental checks

As well as being one of the most widespread health conditions, tooth decay is also one of the most preventable. As long as everyone looks after their teeth well and visits their dentist regularly, they should be able to prevent tooth decay occurring.

Adults over 18 should have a check-up at least once every six months and annually if they have no teeth. Their dentist may suggest having more frequent check-ups if they have had a history of dental problems, or they are thought to be at a higher risk of developing tooth decay.

## Testicular Self check

Testicular cancer mostly affects men aged 15 to 49. It can develop in one or both testicles. Testicular cancer is one of the most treatable and curable cancers. If detected in early stage, more than 96% of men who are diagnosed will be cured.

It is best for everyone to check their balls when they are warm and standing up – for example after a bath or shower. To check their balls, they should cup their hand under them to feel their weight. Then carefully check for lumps or changes in size by rolling each ball between their finger and thumb.



## Eye test

Everyone should have an eye test every 2 years or more if their optician tells them. A doctor or optician will tell people if they need their eyes checked more often.

An eye test can find out if their eyes are healthy. An eye test also checks for illnesses like diabetes.

One in three people with a learning disability has a sight problem. We need good sight to help us to communicate, to be independent and to enjoy work and activities.

Everyone with diabetes over the age of 12 is invited annually to have their eyes screened for diabetic retinopathy, which can cause sight loss if left untreated. Everyone who lives in Scotland can have a free eye test.

## Hearing test

Hearing tests are used to assess people's ability to hear different sounds and to determine if there are any problems. Hearing tests are used to check for hearing impairments. As deterioration in hearing is usually a gradual process, people may not realise that they have a hearing impairment.

Everyone should have their hearing tested every 2 years.

## General Practitioner/Annual Health Check

People with learning disabilities often have difficulty in recognising illness, communicating their needs and using health services. Research shows that regular health checks for people with learning disabilities often uncover treatable health conditions. Most of these are simple to treat and make the person feel better, while sometimes serious illnesses such as cancer are found at an early stage when they can be treated.

The Annual Health Check is also a chance for the person to get used to going to their GP practice, which reduces their fear of going at other times.

## Seasonal Vaccinations

The annual flu vaccine protects people over 65, those who have health conditions, pregnant women and those who work in healthcare, against the strains of flu virus that are likely to be circulating each winter flu season.

Over the last 10 years, the flu vaccine has generally been a good match for the circulating strains of flu, so people can be confident being vaccinated is the best way to protect themselves against a virus which can cause serious illness. Even when it is not as well matched, if anyone does develop flu, symptoms may be less severe and may be less likely to develop complications requiring people to see their GP or being admitted to hospital.

**Contact:**

**NHS 24 – Phone 111**

**GP:**

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**Community learning disability team:**

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## Useful Information

