

## What do my Health Audit scores mean?

Diabetes	
0–3	You are at <b>low</b> risk of developing type 2 diabetes within 5 years.
4 or more	Your diabetes risk <b>may be high</b> ; however, this screening tool does not fully calculate your diabetes risk. Your nurse and/or GP can do a more thorough test to determine your diabetes risk. You can also log on to <a href="http://www.diabetesvic.org.au/diabetes-prevention/how-can-i-reduce-my-risk">www.diabetesvic.org.au/diabetes-prevention/how-can-i-reduce-my-risk</a> to learn more.
<b>Your diabetes risk score</b>	

Heart	
0–3	Your cardiovascular disease risk within 5 years is relatively <b>low</b> .
4 or more	Your cardiovascular disease risk <b>may be high</b> ; however, this screening tool does not fully calculate your heart disease risk (cholesterol levels are also needed). Your nurse and/or GP can further determine your cardiovascular disease risk.
<b>Your cardiovascular disease risk score</b>	

Kidneys	
0–1	Your risk of developing kidney disease within 5 years is relatively <b>low</b> .
2 or more	You <b>may be at risk</b> of kidney disease, which rarely displays symptoms. Big factors that affect kidney health are smoking and high blood pressure, so if either of these is an issue for you, please ask your doctor how you can get this better controlled. Regular testing for kidney disease should be done every 1-2 years.
<b>Your kidney disease risk score</b>	

Lungs - chronic obstructive pulmonary disease (COPD)	
0–2	Your risk of developing COPD within 5 years is relatively <b>low</b> . If you have previously smoked or are a current smoker, it is important to take notice of any new or persistent respiratory symptoms, such as shortness of breath, coughing or phlegm. If these occur in the future, please discuss them with your doctor.
3 or more	You <b>may be at risk</b> of COPD. Another common name for this is emphysema. COPD is a lung condition which usually occurs as a result of prolonged exposure to cigarette smoke. It gets progressively worse over time and, left untreated, can result in significant breathing problems which make it hard to enjoy life. People with COPD usually do better if the disease has been diagnosed early and managed well. You can be assessed for COPD by taking a simple, non-invasive lung function test. Your doctor or nurse can provide you with more details.
<b>Your COPD risk score</b>	

### What are some actions you can take to reduce your risk scores?

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Thank you for completing this screening questionnaire. It is designed to assess your risk of four major chronic diseases: diabetes, cardiovascular disease, chronic kidney disease and chronic obstructive pulmonary (lung) disease. These four diseases contribute to over 40% of deaths in Australia each year, but early intervention with lifestyle changes and medical treatment (if needed) will help you to achieve and maintain good health and to reduce your likelihood of developing these conditions.

If you want to give feedback about this assessment tool, please email to Attn: Clinical Coordinator at [gps@westcare.net.au](mailto:gps@westcare.net.au)