

North End Medical Centre  
160 North End Road  
West Kensington  
London W14 9PR  
Tel: 020 7385 7777



374

Mr Paul Lisewski  
40 Gledstones Road  
West Kensington  
LONDON  
W14 9HU

Dr. Michele Davison  
Dr. Peter Wilson  
Dr. Hemma Triggs  
Dr. Kapila Wimalasundera  
Dr. Neville Daruwalla  
Dr. David Mummery  
Dr. Deepa Patel  
Dr. Jenan Ahmad  
Dr. Emilie Strawson  
Dr. Sarah Douglas

Practice Manager: Mr Sena Shah

08 Feb 2016

Dear Mr Lisewski

We are inviting you to attend your free NHS Health Check.

NHS Health Checks are being offered to people aged between 40 and 74 once every five years.

The check is to assess your risk of developing diabetes, heart disease, kidney disease, stroke and dementia. If there are any warning signs, then together we can do something about it.

The check should take about 30 minutes and is based on straightforward questions and measurements such as age, gender, family history, height, weight and blood pressure. There will also be a simple blood test to measure your cholesterol level.

Following the check, you will receive free personalised advice about what you can do to stay healthy.

Take a look at the enclosed leaflet for more information about the NHS Health Check and how it could benefit you.

Please contact your practice today to arrange an appointment on **020 7385 7777**.

Yours sincerely

**Mr Sena Shah**

**Practice Manager**

