

Cardiovascular Risk Factor Screening **FAQs**



Am I eligible for the cardiovascular risk factors screening programme if I am already diagnosed with diabetes, high blood pressure, or high blood cholesterol?

If you have already been diagnosed with diabetes, high blood pressure, or high blood cholesterol and have regular follow-up at your health centre or hospital, you are not eligible for the screening programme. It is highly recommended that you continue routine consultations and blood test monitoring with your regular doctor.

If I do not meet the criteria for the cardiovascular risk factors screening programme, can I still participate in other screening programmes?

Yes, even if you do not meet the eligibility criteria for cardiovascular risk factors screening, you may still participate in other screening programmes, such as the colorectal cancer, breast cancer or cervical cancer screening programmes, provided that you meet their eligibility requirements.

How do I prepare myself for the cardiovascular risk factors screening?

The screening involves answering a series of health-related questions, taking measurements of your weight, height, waist circumference, and blood pressure, and taking a blood test. For the blood test, you will need to fast **12 hours** before the test. You may continue to take your regular medications as usual.

How do I get the results of my cardiovascular risk factors screening?

The results of your tests will be explained to you during your follow-up appointment with the Health Screening Nurse.

If your blood test results are normal and you do not have a significant family history of cardiovascular disease, you will be re-invited for screening every three years as part of the National Health Screening Programme (NHSP).

However, if your results are abnormal or if your blood tests are normal but you have a significant family history of cardiovascular disease, you will either be re-invited for screening annually or referred to a doctor for further assessment and management.

What if I have other inquiries about this programme?

If you have further questions, please email health.screening@moh.gov.bn. We will respond to your inquiries the soonest possible.