

Dear patient



The government and scientists are asking GPs to do more on prevention. We as a medical practice want to play our role in this. In our offices, we now have a staff nurse, Jolien, so that we can take on these tasks. This is a free offer with no obligation. At the start, our offer is mainly addressed to people who already have a risk factor, such as diabetes or a lung disease.

We would like to invite you for a short visit to nurse Jolien.

- During this contact we will, among other things, offer a vaccine against tetanus. We note that many people have not yet received their tetanus vaccine (the clamp) within the recommended period. The clamp is still a life-threatening infection. (There is no need to wait between the clamp vaccine and other vaccines, such as Covid). The vaccine is available (free of charge) in our office. You do not have to bring this yourself.
- During the conversation we will also go through your current medication schedule, look at your blood pressure and other risk factors...
- If you wish, you can fill in the attached questionnaire and bring it with you or send it back by email to ypk@deprost.be. Many things are already mentioned in your medical file, but this questionnaire gives us the opportunity to view your file in its entirety in collaboration with the nurse and doctors.
- Feel free to ask any other questions about your personal health or about other vaccinations. Perhaps we can follow up a number of matters even better, or discuss them openly.

Our nurse would therefore like to meet you at a prevention meeting.

If possible, make the appointment yourself on the website www.Dokterskwatrecht.be.

Choose: as a "doctor" :select "praktijkverpleegkundige" and as the type of appointment:

"preventiegesprek". The site also mentions our prevention campaigns.

(if necessary you can go on the internet with the help of family or a friend). You can of course always call us to make an appointment.

Our patients who have not yet received this letter, but who would also like to have this prevention interview (or vaccine), can also make an appointment "preventiegesprek" with the nurse. You can write down what your own reason you want to come for.

Jolien is present in the practice on Mondays, Tuesdays and Thursdays from 08:00 to 16:15. Every working day 13.15 – 13.45 you can speak to one of the doctors directly on the phone.

We hope that our concern for your health, now also with regular prevention campaigns, will be an advantage for everyone. If you have any questions or suggestions, we'd love to hear from you.

Luc Deprost
Tali Rahoens
Myriam Venneman
general practitioners

Jolien De Vriese
Geoffrey Poelman
Staff nurses

WHAT I KNOW ¹ AND CAN DO FOR MY FUTURE HEALTH

Date: / /

*BEFORE the interview with the GP or the nurse it may be useful to fill in this questionnaire
With this model questionnaire we can better select and discuss the prevention measures together.*

Name:

O Female O Man Date of birth: / /

- 1 Do you take medication for high blood pressure? Yes No Don't know B
- 2 Do you have diabetes? Yes No Don't know D
- 3 Do you have or have you had a cardiovascular disease? (heart attack, stroke, vasoconstriction)
Yes No Don't know E
- 4 Has your father or brother had or had a cardiovascular disease before 55 years? F
Yes No Don't know F
- 5 Has your mother or sister had (or had) a cardiovascular disease before 65 years of age? F
Yes No Don't know F
- 6 Do you smoke? Yes Never Stopped in the year: C
- 7 How often do you consume alcoholic beverages? (beer, wine, spirits):
Glasses per... Day week month never
- 8 Do you eat vegetables every day? Yes No
- 9 Do you eat fruit every day? Yes No
- 10 Do you exercise for at least half an hour every day on top of your daily activities?
(e.g. cycling, brisk walking, swimming, gardening, ...) Yes No
- 11 Have you ever been diagnosed with elevated blood sugar? (e.g. hospitalization, routine check-up
or pregnancy) Yes No Don't know
- 12 Does your father, mother, brother or sister have diabetes? Yes No Don't know
- 13 Does your grandfather, grandmother, uncle or aunt have diabetes? Yes No Don't know
- 14 Was your tetanus vaccination more than ten years ago? Yes No Don't know
- 15 Are you a lung patient? Yes No
- 16 Are you a heart patient? Yes No
- 17 Are you a liver patient? Yes No
- 18 Are you a kidney patient? Yes No
- 19 Does your father, mother, brother or sister have bowel cancer? Yes No Don't know

Only for women

- 20 Does breast or ovarian cancer run in your family? Yes No Don't know
- 21 For women over 50: Was your last mammogram more than two years ago?
Yes No Don't know
- 22 For women over 25: Was your last Pap smear more than three years ago?
Yes No Don't know

Only if 65 years or older

- 23 Have you fallen more than once in the past year? Yes No Don't know
- please return to info@medikwatrecht.be Inspired by *Domus Medica - Health Guide*

¹ Your family doctor will find many answers in his file, but this is about what you know yourself and what is susceptible to prevention.