



CHOLESTEROL

Don't forget the 3 Rs*

- ✓ Regular checks
- ✓ Record the results
- ✓ Remember the numbers



Date: My cholesterol reading:

My recommended actions:

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My healthcare professional:

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4. Heart UK. (2019). Getting a cholesterol test. [Online]. Heart UK Website. Available at: <https://www.heartuk.org.uk/cholesterol/getting-a-cholesterol-test> Last Accessed March 2021.

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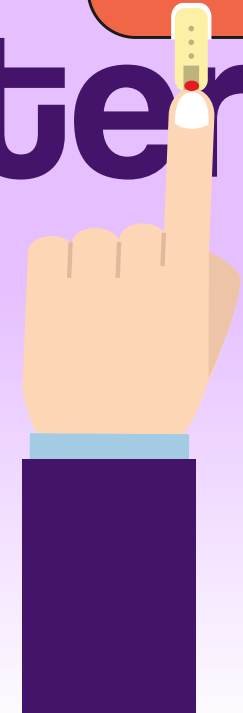
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11. Heart UK. (2019). Looking after your weight. [Online]. Heart UK website. Available at: <https://www.heartuk.org.uk/low-cholesterol-foods/looking-after-your-weight> Last Accessed March 2021.

12. NHS. (2017). Your Medicine Cabinet. [Online]. NHS Website. Available at: <https://www.nhs.uk/live-well/healthy-body/your-medicine-cabinet/> Last Accessed March 2021.

Cholesterol



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YOUR BRAIN

If your brain doesn't get enough blood, you can have a stroke. This can affect your speech and ability to move. Stroke can also lead to death.²



YOUR HEART

If your heart doesn't get enough blood, you can have a heart attack. This can damage your heart or even cause death.¹

*Your healthcare professional will help you with regular checks and recording your results.



CHOLESTEROL IS A FATTY SUBSTANCE FOUND IN YOUR BODY.³

Too much of it can clog your blood vessels. It can clog the arteries and block or slow down the flow of blood. This means certain parts of your body don't get the blood that they need.³

A BLOOD TEST WILL TELL YOU YOUR CHOLESTEROL LEVELS.

When you get your blood test results, you'll notice that there are different types of numbers:

Total cholesterol^{4,5}

This is a measure of the total amount of cholesterol.

LDL cholesterol^{4,5}

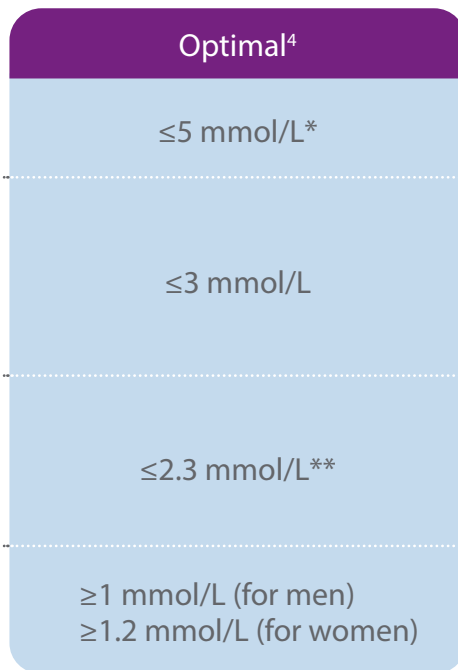
LDL is a so-called "bad" cholesterol that can build up in your blood vessels. This can clog your arteries and lead to heart attack and stroke. If your LDL is high, your risk for heart disease or stroke is high. If you lower it, you can reduce your risk.

Triglycerides^{4,6}

Triglycerides are a form of dietary fat found in meats, dairy products and cooking oils. Raised levels of this fat are associated with low HDL levels (good cholesterol).

HDL cholesterol^{4,5}

HDL is often called "good" cholesterol because it takes the LDL, or bad cholesterol, out of your blood. High HDL lowers the risk for heart attack and stroke.



*mmol/L = millimoles per Litre **Non-fasting

OTHER FACTORS THAT IMPACT YOUR RISK OF HEART ATTACK AND STROKE

IN YOUR CONTROL⁷ LIFESTYLE CHOICES

- Unhealthy diet
- Physical inactivity
- Smoking
- Harmful use of alcohol

OUT OF YOUR CONTROL⁸ AGE AND GENDER

- Cholesterol levels increase with age
- Before the age of 60, men are at higher risk than women

HEREDITY⁸

- Genes partly determine how much cholesterol the body makes
- High blood cholesterol can run in families

HOW TO MANAGE YOUR CHOLESTEROL

Cholesterol in your blood can join with fats and other substances to build up in the inner walls of your arteries. These arteries can become clogged and narrow, and blood flow is reduced. Your cholesterol can be lowered with a number of lifestyle changes.⁹

TALK TO YOUR HEALTHCARE PROFESSIONAL FOR SUPPORT, GUIDANCE AND ASSISTANCE.



STAY ACTIVE

An active lifestyle can also help lower your cholesterol level. Doing 150 minutes of moderate aerobic activity every week can improve your cholesterol levels. Activities can include walking, cycling and swimming.⁷



EAT HEALTHY

Avoid foods that are high in cholesterol or saturated fats. Reduce the amount of cholesterol and saturated fat in your diet.⁷



STOP SMOKING

If you have trouble quitting smoking on your own, consider joining a support group. Many hospitals, workplaces and community groups offer classes to help people quit smoking. Take medicines if prescribed.



KNOW YOUR NUMBER

Have your blood cholesterol checked as directed by your healthcare professional.



REACH AND MAINTAIN A HEALTHY WEIGHT

Being overweight can increase the amount of LDL (bad cholesterol) in your blood.¹⁰ Losing just 10% of your weight reduces cholesterol and triglyceride levels.¹¹



MEDICATION

There are many different types of medicine that you can take to lower your high blood cholesterol. Talk to your healthcare professional about which one is best for you.

Taking medication as prescribed can help you keep your cholesterol levels healthy.

Using your medication safely:¹²

- Always take your medication as directed
- Do not take your medication after its expiry date

Tell your healthcare professional:¹²

- if you're taking any over-the-counter medicines or any herbal remedies
- About any side effects or other concerns

TAKE STEPS TODAY TO MANAGE YOUR HIGH CHOLESTEROL.

YOU CAN HELP KEEP YOUR HEART HEALTHY!