



HealthNex Health Education Leaflet

Understanding & Managing High Cholesterol

What is Cholesterol?

Cholesterol is a fatty substance made in the liver and also found in some foods. It is important for building cells and hormones, but too much cholesterol in the blood increases the risk of heart disease and stroke.

- **LDL (bad cholesterol):** builds up in arteries and causes blockages
- **HDL (good cholesterol):** helps remove excess cholesterol from the blood

Why is High Cholesterol Serious?

Too much LDL cholesterol can lead to:

- ✓ Narrowing of arteries (atherosclerosis)
- ✓ Heart attack
- ✓ Stroke
- ✓ Peripheral artery disease

Risk Factors

You are more likely to develop high cholesterol if you:

- ✓ Eat too much saturated fat (fried/processed foods, red meat, butter)
- ✓ Are overweight or obese
- ✓ Lack physical activity
- ✓ Smoke
- ✓ Drink too much alcohol
- ✓ Have diabetes, high blood pressure, or family history of heart disease

Signs & Symptoms

High cholesterol usually has **no symptoms**. The only way to know is through a **blood test**.

How to Manage & Prevent High Cholesterol

- Eat a balanced diet (more fruits, vegetables, whole grains, lean proteins, oily fish)
- Reduce fried foods, fatty meats, butter, cheese, cakes, biscuits
- Exercise regularly (150 minutes per week)
- Maintain a healthy weight
- Stop smoking & limit alcohol
- Have cholesterol checked regularly (especially if over 40 or with risk factors)
- Your GP may prescribe **statins** or other medicines if lifestyle changes are not enough

When to Seek Urgent Help

Call **999** immediately if you develop symptoms of:

- Chest pain/angina
- Shortness of breath
- Sudden weakness, dizziness, or vision changes (possible stroke)

HealthNex – Supporting Your Health

At **HealthNex**, we provide **mobile health screening services** including cholesterol, blood pressure, and diabetes checks, helping you stay in control of your heart health.

■ **07353 761061**

■ **www.healthnex.co.uk**

✉ ■ **info@healthnex.co.uk**