



A BLOOD TEST WILL TELL YOU YOUR LEVELS

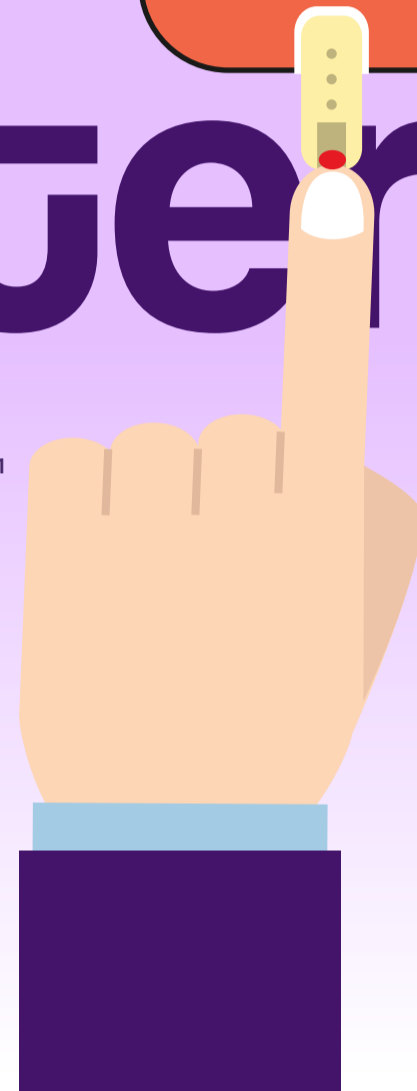


Cholesterol

Is a fatty substance and 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.¹

You can help manage your cholesterol by:²

- Having a healthy diet
- Staying active
- Stop smoking
- Drinking less alcohol



**TAKE STEPS TODAY TO MANAGE YOUR CHOLESTEROL
TALK TO YOUR HEALTHCARE PROFESSIONAL FOR MORE INFORMATION**

Don't forget the 3 Rs*

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

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



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.³



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.⁴

1. NHS (2019) High Cholesterol, NHS website, Available at www.nhs.uk/conditions/cholesterol/pages/introduction.aspx Last Accessed March 2021

2. NHS (2019) How to lower your cholesterol. Available at <https://www.nhs.uk/conditions/high-cholesterol/how-to-lower-your-cholesterol/> Last Accessed March 2021

3. NHS (2019) Heart attack, NHS website, Available at www.nhs.uk/conditions/heart-attack/Pages/Introduction.aspx Last Accessed March 2021

4. NHS (2019) Stroke. Available at <https://www.nhs.uk/conditions/stroke/> Last Accessed March 2021