Cholesterol is the amount of ‘fat’ in blood.

Too much fat can make you overweight.

High cholesterol can lead to heart problems and strokes.

Your cholesterol level target is less than 4.

Low fat diet, exercise and tablets will reduce cholesterol.

Do you know what your cholesterol level is? Are you on target?
Cholesterol

- Cholesterol is the amount of ‘fat’ in blood.
- Some blood fats are necessary to provide important energy sources.
- Too much fat can cause you to be overweight, making it much more difficult to control your diabetes.
- It can cause blocking of blood vessels and lead to heart attacks and strokes.

There are two types of cholesterol that we can check to find out your heart disease risk.

Good cholesterol called “HDL” and the bad cholesterol called “LDL”.

Along with a low fat diet, exercise and weight loss, you will usually need to take tablets to get your cholesterol to target.

Lipid lowering drugs such as STATINS help you to lower the cholesterol in your body.

Do you know what your cholesterol level is? Are you on target?