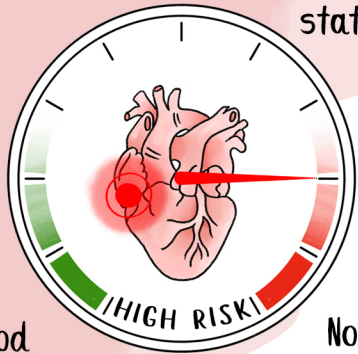


If you have had a heart attack or stroke, or if you are at higher risk of having one (because you have things like diabetes, angina, or familial hypercholesterolemia) balancing your cholesterol and the other fats in your blood can help prevent heart attacks or stroke.

If your cholesterol is high agree your target level with your doctor, nurse or pharmacist



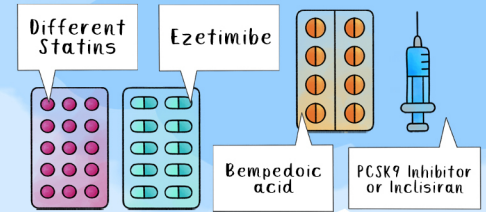
Many people at high risk need to take medicines, usually a statin to start.



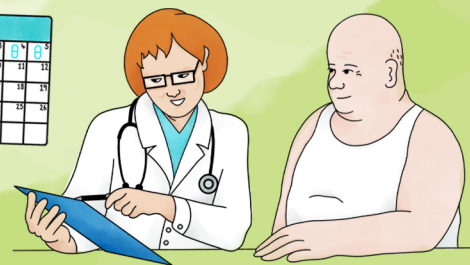
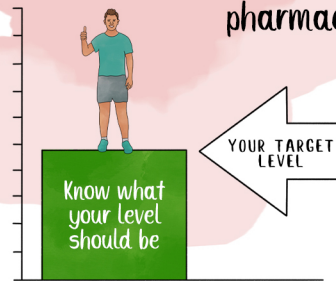
Not smoking, eating a healthier diet, and getting more exercise is also important.



If your levels don't come down, other statins or medicines can be tried.



Talking to your health care professional can help you make the best decisions for you. Taking your medicines properly is important, as are healthy lifestyle choices.



NHS

Cholesterol & You:
preventing heart attacks
and strokes

The **AHSN** Network



To find out more visit
www.heartuk.org.uk

