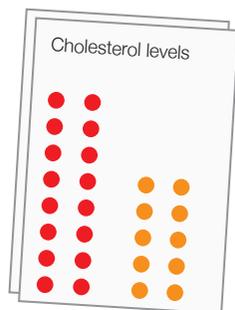


WHAT IS CHOLESTEROL?

Cholesterol is another word for fats in your blood. There are **good fats** in your blood and **bad fats**.



Your total cholesterol level is made up of both of these good fats and bad fats.

Your doctor will help you understand your results and what they mean for you.



Your **doctor** will also talk to you about your overall health, as your cholesterol levels are only one part of your heart health picture.

High cholesterol levels can be caused by the **food that you eat** or can be **genetic**. They can also be caused by a combination of these.

Talk to someone who is specially trained in heart health care to answer your questions

Hours: Monday to Friday 9am – 5pm
Free phone: 13 11 12
www.heartfoundation.org.au

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AMGEN



Heart Health Check

CHOLESTEROL



WHY IS YOUR CHOLESTEROL IMPORTANT?

Knowing your cholesterol levels can be a good way to tell how healthy your heart is.

High cholesterol can be dangerous. It can increase the chances of you having a heart attack or stroke.

Having high cholesterol **does not have any symptoms** so you may have high cholesterol but not know it. It is important that you understand your cholesterol level, as there might be things you and your doctor can do to improve it. This can reduce the chances of you having a heart attack or stroke.

No matter your level of cholesterol, it is important to make healthy food and lifestyle choices to keep your heart healthy now and into the future.



Other things that can increase your risk of heart attack and stroke are shown below. Most people have more than one risk factor.



Smoking Inactivity High blood pressure Your diet Overweight/obese

HAVE A HEART HEALTH CHECK



What will happen?

1. TALK:

Your doctor can help you to improve your overall heart health. You may discuss:



What you eat



Your lifestyle & exercise



Your family health history



Your overall health (including kidney disease & diabetes)

2. LEARN:

Your doctor will check you:



Blood pressure



Cholesterol

3. PLAN:

Your doctor will help you to make changes to:



Balance your diet



Your physical activity & lifestyle



Your wellbeing

Your doctor may prescribe some medication to lower your cholesterol to reduce your risk of a heart attack or stroke. If medications are required they need to be taken regularly as recommended by your doctor.

WHAT CAN YOU DO NOW?

Physical activity and healthy eating also helps improve cholesterol levels. Do at least **30-45 mins of moderate** (e.g. brisk walking) or **15-30 mins of vigorous** (e.g. running) physical activity on 5 or more days of the week.

A diet high in saturated fat and trans-fat can increase your cholesterol levels. It is important to choose healthy foods.

The Heart Foundation recommends foods that help to improve the levels of cholesterol in your blood.

HEALTHY EATING FOR YOUR HEART INCLUDES:

-  Plenty of fruit, vegetables and wholegrain cereals
-  Variety of healthy protein sources including fish and seafood, lean meat and poultry, legumes, nuts and seeds
-  Reduced fat dairy such as unflavoured milk and yoghurt, and cheese
-  Healthy fat choices with nuts, seeds, avocados, olives and their oils for cooking
-  Herbs and spices to flavour foods, instead of adding salt



If you are **45 years or older (35 years or older for Aboriginal and Torres Strait Islander peoples)**, and have not had a heart attack or stroke it is recommended you have your cholesterol checked as part of a heart health check.