

BAD CHOLESTEROL

Can lead to blocked arteries...

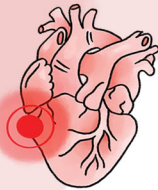


Lots of these foods can make it worse



and

increase the risk of a heart attack, stroke



or other severe illness



WE NEED

BALANCE

BETWEEN GOOD AND BAD CHOLESTEROL

GOOD CHOLESTEROL

Lots of these foods



are good for clear arteries



Things we can do to reduce bad cholesterol:

Be active

Lose weight



Some people need medicine, often a statin

To find out more about statins, see the statins booklet

NHS

Cholesterol & You

The **AHSN** Network



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

