

Cholesterol

A risk factor for heart attack and stroke



Cholesterol is a type of fat that circulates in your blood and performs a number of important functions

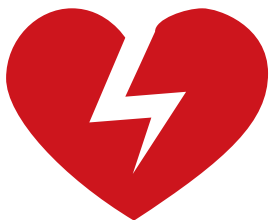
≈75%
is produced
by your liver



≈25%
comes from
what you eat

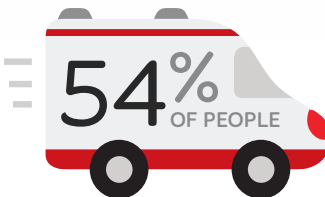
HIGH Cholesterol

Extra cholesterol can build up in your body. Having too much in your bloodstream can increase your risk of a heart attack or stroke



Cholesterol can build up and narrow your arteries

A clot in a narrowed artery can cause a heart attack or stroke



admitted to hospital with a heart attack have high cholesterol

Many people are unaware they have high cholesterol. The only way to find out is to have a blood test

CHOICES YOU CAN MAKE TO LOWER RISK OF HEART ATTACK & STROKE



Stop smoking



Make heart healthy eating and drinking choices



Move more



Lose weight



Take medications