

Raised Cholesterol

A recent blood test has shown your cholesterol is raised.

High cholesterol is not a disease in itself, but it is important because of its link to blocked arteries. When arteries become blocked this can lead to a number of serious health problems, such as heart disease and heart attacks, stroke and kidney disease.

Eating a healthy diet and doing regular exercise can help lower the level of cholesterol in your blood.

Adopting healthy habits, such as eating a healthy, balanced diet and keeping active, can also help prevent your cholesterol levels becoming high in the first place. It's important to keep your cholesterol in check because high cholesterol levels increase your risk of heart disease and stroke.

The NHS website will give you more information about cholesterol and actions you can take to lower your cholesterol

<https://www.nhs.uk/live-well/healthy-body/lower-your-cholesterol/>

Or simply book an appointment with Our Healthy Lifestyle Advisors, these appointments can be booked at reception or through the healthy lifestyle team on 01952 382582.

Please contact us in 6 months time for a further blood test, so we can continue to monitor your health.

Yours sincerely

Wellington Medical Practice.