WELLINGTON

Medical Practice

GP Partners
Dr T O'Brien
Dr D Ebenezer
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A recent blood test has shown your cholesterol is raised slightly.

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 by calling on 01952 382582.

Yours sincerely

Wellington Medical Practice.