

WELLINGTON

Medical Practice

GP Partners

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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.