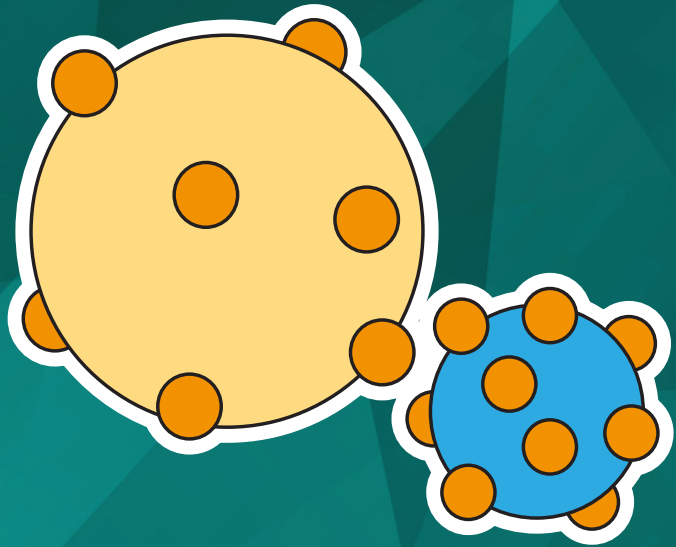


Chest  
Heart &  
Stroke  
Scotland



# CHOLESTEROL

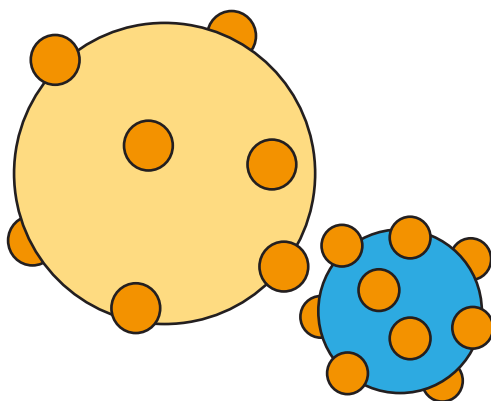


AN APHASIA-FRIENDLY GUIDE

# This booklet is about cholesterol

## It explains:

- What cholesterol is.
- The two types of cholesterol.
- Why too much “bad” cholesterol is harmful.
- How you can control your cholesterol.

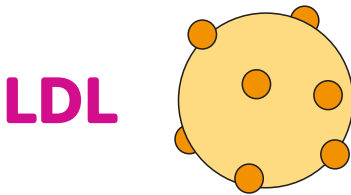


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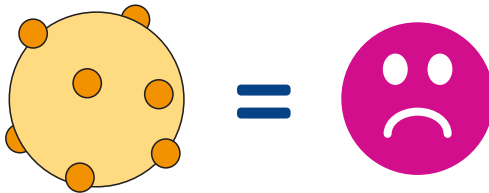
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# Types of cholesterol

There are **two types** of cholesterol.



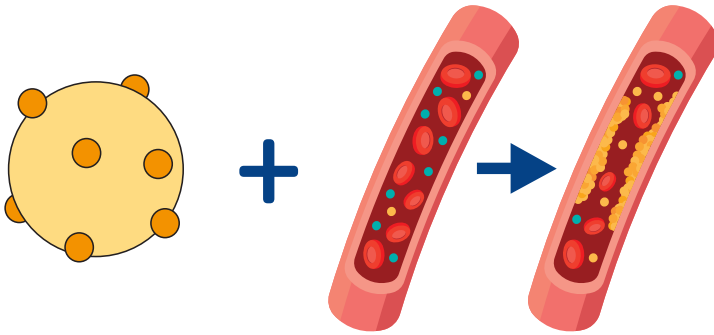
**Low-Density Lipoprotein (LDL)** is usually **bad** for you.



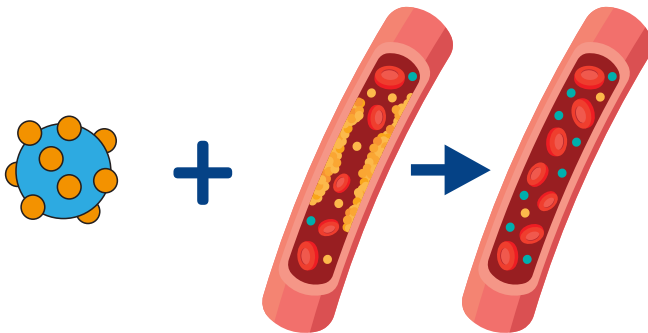
**High-Density Lipoprotein (HDL)** is usually **good** for you.



**LDL** can **build up** in your blood vessels, which limits blood flow.



**HDL** helps to **recycle LDL** and break down the build-ups.



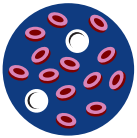
# Cholesterol is important

Cholesterol is a **fat** made in your **liver**.

Cholesterol is also found in certain **foods** including **red meat** and **dairy**.



Cholesterol is **important** for:



making cells



making vitamin D



digesting food

# High cholesterol is dangerous

Too much LDL in your blood can lead to **heart attacks** and **strokes**.



Your doctor may **test your blood** for **high cholesterol** if you are in a high-risk group or have already had a heart attack or stroke.



Your results will show if you have a **high**, **medium**, or **low risk** of stroke or heart attack.



# High cholesterol is linked to:



**getting older**



**male sex**



**high body weight**



**poor diet**



**high blood pressure**



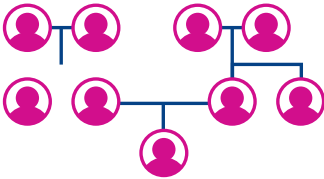


## some ethnicities

South Asian

Black African

Black Caribbean



## family history



## smoking



## drinking alcohol

# Anyone can have high cholesterol

High cholesterol is very common. Even **young** and **healthy** people can have high cholesterol.

High cholesterol has **no symptoms**.

It is important to have **regular cholesterol checks** with your nurse or doctor.

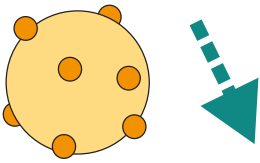


You might also be able to get a cholesterol test at the **pharmacy**.



# Cholesterol can be controlled

If you have high cholesterol, you can take steps to **lower your LDL cholesterol**.



This might mean that you:



change your diet



be more active



stop smoking



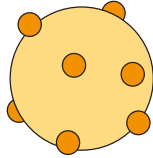
drink less alcohol



take medication

# Step 1: Diet

What you eat can lower your cholesterol.



## Reduce:



most dairy products



red meat and processed meats



cakes and biscuits



fried food and takeaways

# Eat plenty of:



probiotic yoghurt



poultry (like chicken) and eggs



fish and shellfish



fruit and vegetables



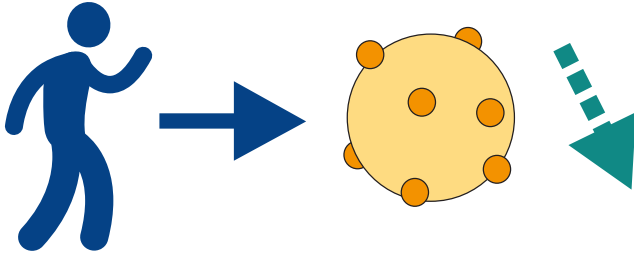
grilled or steamed food



olive oil

## Step 2: Exercise

Doing lots of **exercise** can help lower your cholesterol.



Do activities which you **enjoy** and are **comfortable** with.

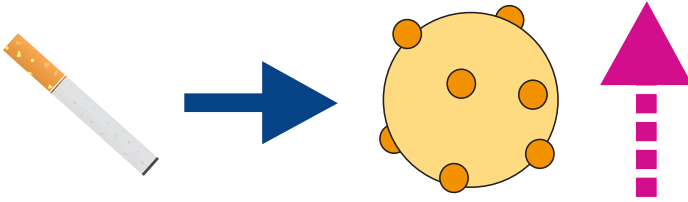


Try to be active for **30 minutes** every day.



# Step 3: Stop smoking

Smoking **increases** your level of **LDL cholesterol**.



**Stop smoking** if you can.



There is **support** to help you quit.

A **doctor** or **pharmacist** can help.

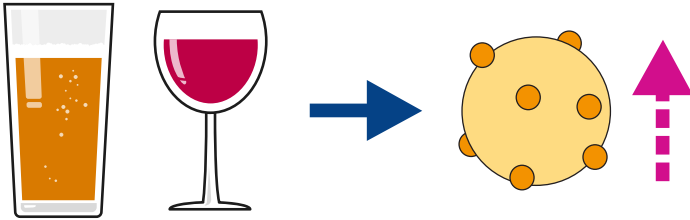
**Quit Your Way Scotland** can also help:

Call: **0800 84 84 84**

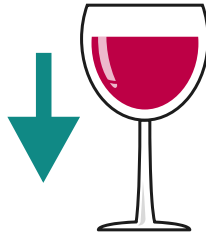
Online: **[www.QuitYourWay.scot](http://www.QuitYourWay.scot)**

# Step 4: Drink less alcohol

Alcohol can **increase** your level of **LDL cholesterol**.



Drink **less than 14 units** of alcohol per week.



Your **doctor** or **pharmacist** can help you to reduce your alcohol use.





**One unit** of alcohol is about:



**218ml**

Standard  
4.5% cider



**76ml**

Standard  
13% wine



**25ml**

Standard  
40% whisky



**250ml**

Standard  
4% beer

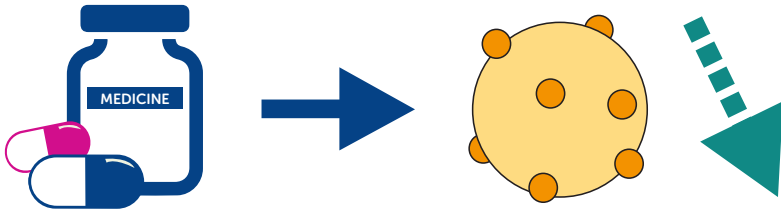


**250ml**

Standard  
4% alcopop

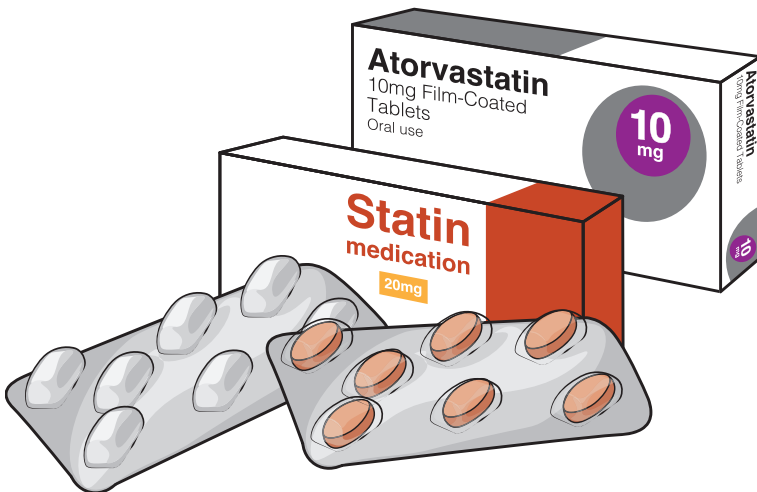
# Step 5: Medication

You may be given **medicine** to lower your cholesterol.



The most common medication for cholesterol is **statins**.

Statins **make your liver produce less cholesterol**.



# Get help and support from:

- » Friends and family
- » Your doctor or health team
- » Your pharmacist
- » Support groups
- » Chest Heart & Stroke Scotland  
**chss.org.uk**  
Advice Line **Tel: 0808 801 0899**
- » Quit Your Way Scotland  
**Tel: 0800 84 84 84**
- » Drink Aware  
**drinkaware.co.uk**

# Take the steps

Controlling your cholesterol is in your power.

Speak to **friends and family** about the steps you want to take.



Set **clear goals** for yourself.



Ask a **doctor** or **pharmacist** if you have questions.



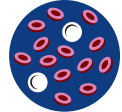
# Taking the steps to lowering your cholesterol



# Myths busted

**✗ Myth:** Cholesterol is always bad.

**✓ Fact:** Your body **needs** cholesterol.



You **only** need to lower your cholesterol if your doctor says so.



More about what cholesterol is for on **page 5**.

**✗ Myth:** High cholesterol is obvious.

**✓ Fact:** High cholesterol has **no** symptoms.

The **only** way to find your cholesterol level is a **blood test**.



More about finding cholesterol levels on **page 11**.

**✘ Myth:** Only older or overweight people have high cholesterol.

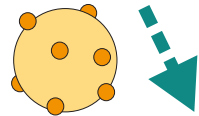
**✔ Fact:** **Anyone** can have high cholesterol.

Age and weight increase your **risk**.  
Young and thin people can still have high cholesterol.

More about who gets high cholesterol on **page 9**.

**✘ Myth:** Cholesterol always rises as you get older.

**✔ Fact:** You have some **control** over your cholesterol level.



More about lowering your cholesterol on **page 12**.

To find more resources, go to  
**[www.chss.org.uk/resources-hub](http://www.chss.org.uk/resources-hub)**

Our booklets are free in Scotland.

Support our work by going to  
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Our Advice Line practitioners can offer advice and support.

**Call 0808 801 0899**

(Mon-Fri 9am-4pm)

**Text ADVICE to 66777**

**email: [advice@chss.org.uk](mailto:advice@chss.org.uk)**

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**Chest  
Heart &  
Stroke  
Scotland**



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