High Cholesterol

Chest Heart & Stroke
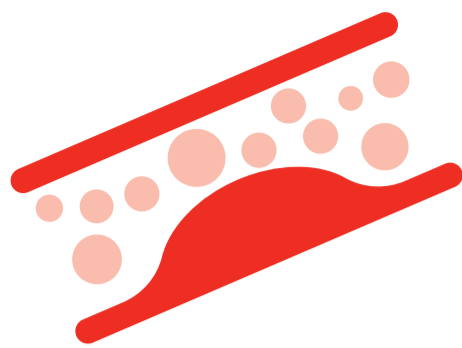
Cholesterol is a natural fatty substance essential for healthy functioning of the body. It is made in the liver, but we also get cholesterol from the food we eat.

Too much cholesterol causes fatty deposits to build up in the arteries, **increasing your risk of a heart attack or stroke.**

Causes of high cholesterol include:

- **A diet high in saturated fat**
- **Being inactive**
- **Being overweight**
- **Smoking**
- **Alcohol**
- **An inherited condition known as Familia Hypercholesterolemia (FM)**

A Total Cholesterol reading over 5.0 mmol/L is considered to be high. **High cholesterol has NO signs or symptoms so it's vital to get it checked regularly.**

For more information on cholesterol or to book an NICHS Health Check, visit **www.nichs.org.uk**

7 Health and Wellbeing Tips

- Eat a balanced diet
- Keep physically active
- Maintain a healthy weight
- Moderate your stress levels
- Moderate your alcohol intake
- Stop smoking
- Get enough sleep