

Name:
Name of Doctor/Nurse:

Date:

Diabetes and bad cholesterol

Information prescription

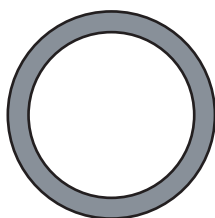
Your last cholesterol reading is: Total HDL

People with diabetes and high levels of bad cholesterol are at higher risk of having a heart attack or stroke. By lowering your bad cholesterol, you can dramatically reduce your risk.

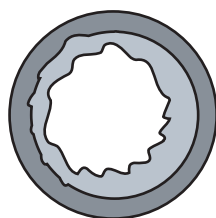
What is cholesterol?

Cholesterol is a type of fat in the blood. Sometimes it is called lipids. There is good cholesterol and bad cholesterol. HDL (high-density lipoprotein) is good cholesterol which helps protect you from heart disease. Both triglycerides and LDL (low-density lipoprotein) are bad for you.

Blood vessel



Normal



Furred up
with cholesterol

When is cholesterol a problem?

Too much bad cholesterol in the blood causes fatty material to build up in the blood vessels supplying the brain and heart, making them narrower. This can lead to a blockage in blood vessels, which can cause a heart attack or stroke.

How can I lower my bad cholesterol?

You can make changes that lower your risk of having a heart attack or stroke. The next column explains how.

Most people need a medication to lower their bad cholesterol – the most common is a statin. These have been proven to lower cholesterol. Most people **don't** experience side effects. If you do it's important to speak to your doctor so they can find a medication that suits you.

Keep to a healthy weight

- Reduce the size of your portions and cut down on fatty and sugary foods.

Eat a healthy balanced diet

- Eat less fatty foods, processed meats, full-fat dairy, pastries and cakes.
- Include wholegrains and pulses.
- Aim for at least two portions of oily fish a week.
- Eat plenty of vegetables and fruit – aim for at least five portions a day.
- Replace butter, lard and ghee with vegetable oils and spreads.

Get more active

- Aim for 30 minutes five times a week to raise your heart beat. Activities like walking fast and cycling all count. Add some activity that strengthens your muscles, like gardening or yoga, twice a week.

Stop smoking

- For help giving up ask for your local stop smoking service.

Agreed action plan

My personal goal is:

To be achieved when:

The two steps that I will take to achieve this are:

(Discuss and agree with your doctor or nurse. Think about what, where, when and how?)

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2

For information or support, call Diabetes UK Helpline: **0345 123 2399*** Monday to Friday, 9am–6pm, or go to www.diabetes.org.uk/info-p