

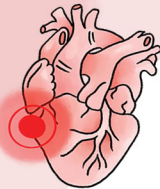
BAD CHOLESTEROL

Can lead to blocked arteries...



Lots of these foods can make it worse

increase the risk of a heart attack, stroke



or other severe illness



WE NEED
BALANCE
BETWEEN GOOD AND BAD
CHOLESTEROL

Things we can do to reduce bad cholesterol:



Be active

Lose weight



Some people need medicine, often a statin

To find out more about statins, see the statins booklet

GOOD CHOLESTEROL

Lots of these foods



are good for clear arteries



NHS

Cholesterol & You

The AHSN Network



To find out more visit
www.heartuk.org.uk

