



## Cholesterol Awareness Month

October is National Cholesterol Month and is dedicated to raising awareness of cholesterol.

We need cholesterol in our blood to stay healthy, it's when it gets too high that it's a problem. High cholesterol can lead to health problems in the future, and the only way to know you have it is to get a cholesterol test.

Women naturally have higher HDL cholesterol (good cholesterol) levels than men. This is due to differences in the genes. Women should aim for an HDL cholesterol level above 1.2mmol/L while men should aim for above 1mmol/L.

What raises your cholesterol?

Your blood fats – your cholesterol and triglycerides – can become raised for a number of reasons.

For example:

a diet which is high in saturated fats

not being active enough, so the fats aren't used up for energy

genetic conditions which mean the fats aren't processed in the usual way.

If your cholesterol is raised, there are treatments available if you need them. But it's usually possible to lower cholesterol naturally with healthy lifestyle changes.

A cholesterol check involves a simple blood test. When you get a check, your doctor should also check your levels of triglycerides – another type of blood fat. A cholesterol test can be used along with some other simple tests to give a good idea of your heart health. These include a blood pressure test and finding out your BMI and your waist measurement.

Information taken from [www.heartuk.org.uk](http://www.heartuk.org.uk)

If you would like further information about the Bridge Cottage Surgery Patient Participation Group please email [ppgbridgecottage@gmail.com](mailto:ppgbridgecottage@gmail.com)