

Cholesterol

Your recent blood test may have showed that your cholesterol is higher than average.

What Can I do?

Eating a healthy diet and doing regular exercise can help lower the level of cholesterol in your blood.

Adopting healthy habits, such as eating a healthy, balanced diet and keeping active, can also help prevent your **cholesterol** levels becoming high in the first place.

It's important to keep your cholesterol in check because high cholesterol levels increase your risk of **heart disease** and **stroke**.

We advise that you should adopt a low fat diet to try and bring the level down and also consider increasing your activity levels may help.

For More Information see;

<https://www.nhs.uk/live-well/healthy-body/lower-your-cholesterol/>

Do I need a recheck?

You do NOT routinely need to keep rechecking unless clinically indicated in which case the practice will organise a retest.

This is because the advice will not change based upon a retest and we recommend life long life style changes. We will only in recheck those patients who have other diseases or illnesses and may require a tighter control possibly with medications.