When thinking about your options, it is important to take into account your personal beliefs and concerns and those of your family.

A risk factor for heart attack and stroke

Cholesterol is a type of fat that circulates in your blood and performs a number of important functions.

HIGH Cholesterol

Extra cholesterol can build up in your body. Having too much in your bloodstream can increase your risk of a heart attack or stroke.

Cholesterol can build up and narrow your arteries. A clot in a narrowed artery can cause a heart attack or stroke.

Many people are unaware they have high cholesterol. The only way to find out is to have a blood test.

Cholesterol is only one of the risk factors for heart attack and stroke. Ask your health professional what your overall risk is.

You're much more likely to get there with support, so who will you ask to support you to manage your cholesterol (e.g. family/whanau/church)?

Have you thought about the wider benefits of making changes for both you and your family?

Questions for my next appointment:

What are the pros and cons of each change you might like to make?

How confident are you that you can take the next step?

For more information, personal stories and videos, search ‘cholesterol’ on our website: heartfoundation.org.nz

As a charity we thank our generous donors for helping bring this resource to life.

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THINK ABOUT YOUR FUTURE
Being there for your family, your plans and dreams. Could your high cholesterol and risk of heart attack or stroke affect this?

What would I like to do to lower my risk?
What does my health professional recommend?

Stop smoking
Make heart healthy eating and drinking choices
Move more
Lose weight
Take medications
Watch and wait

Questions you might like to ask:
• What is the most important thing for me to do to lower my risk?
• What small steps can I take to lower my risk?

If you’re thinking about or already taking complementary therapies, talk to your health professional about these

My next step is: