DATE:



DIABETES AND BAD CHOLESTEROL INFORMATION PRESCRIPTION

Your last cholesterol reading is:	Total HDL
People with diabetes and high levels of bad chat attack or stroke. By lowering your bad cholest	
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.	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 do not experience side-effects: if you do it is important to speak to your doctor as they can find a medication that suits you.
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.	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. Eat more fish, particularly oily fish – aim for at least two portions 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
How can I lower my bad cholesterol? You can make changes that lower your risk of having a heart attack or stroke.	Aim for 30 minutes five times a week so that you raise your heart beat. Activities such as gardening, housework and walking all count. Stop smoking For help giving up ask for your local stop
AGREED ACTION PLAN My personal goal is:	smoking service.
To be achieved when: The two steps that I will take to achieve (Discuss and agree with your doctor or nurse. Think at 1	

For information or support, call Diabetes UK Careline: **0345 123 2399*** Mon–Fri, 9am to 7pm, or go to **www.diabetes.org.uk/info-p**