

NAME:
NAME OF DOCTOR/NURSE:

DATE:

DIABETES AND BAD CHOLESTEROL INFORMATION PRESCRIPTION

Your last cholesterol reading is: Total HDL

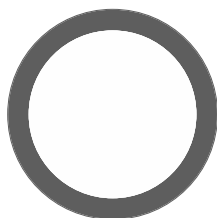
People with diabetes and high levels of bad cholesterol are at higher risk of having a heart attack or stroke. By lowering your bad cholesterol, you can dramatically reduce your risk.

What is cholesterol?

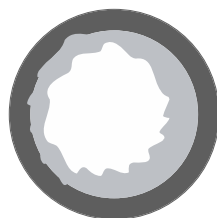
Cholesterol is a type of fat in the blood. Sometimes it is called lipids. There is good cholesterol and bad cholesterol. HDL (high-density lipoprotein) is good cholesterol which helps protect you from heart disease. Both triglycerides and LDL (low-density lipoprotein) are bad for you.

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.

BLOOD VESSEL



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.

How can I lower my bad cholesterol?

You can make changes that lower your risk of having 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

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 smoking service.

AGREED ACTION PLAN

My personal goal is:

To be achieved when:

The two steps that I will take to achieve this are:

(Discuss and agree with your doctor or nurse. Think about What, Where, When and How?)

1

2

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

*Calls may be recorded for quality and training purposes.