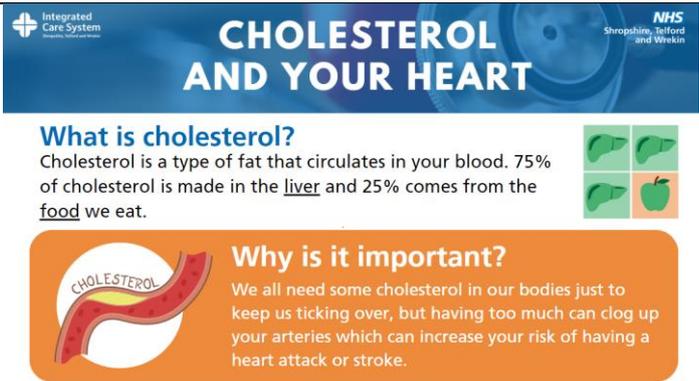
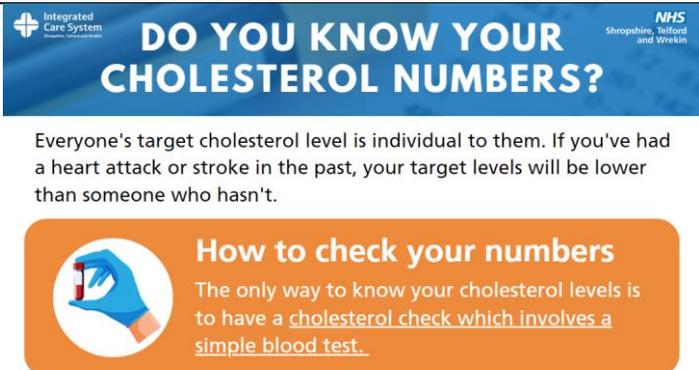


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<p>Cholesterol is something we all have, and it's crucial to understand how it effects heart health.</p> <p>An imbalance of cholesterol levels, particularly high levels of bad cholesterol, can lead to the buildup of plaque in arteries, increasing the risk of heart disease and related complications.</p> <p>Find out more: <a href="https://ow.ly/Xp0X50Q0wo4">https://ow.ly/Xp0X50Q0wo4</a></p>	 <p><b>CHOLESTEROL AND YOUR HEART</b></p> <p><b>What is cholesterol?</b> Cholesterol is a type of fat that circulates in your blood. 75% of cholesterol is made in the <u>liver</u> and 25% comes from the <u>food</u> we eat.</p> <p><b>Why is it important?</b> We all need some cholesterol in our bodies just to keep us ticking over, but having too much can clog up your arteries which can increase your risk of having a heart attack or stroke.</p>
<p>Lowering bad cholesterol levels is essential for a healthier heart and reduced risk of cardiovascular diseases.</p> <p>Taking small steps towards a balanced diet and regular exercise can make a big difference! 💪</p> <p>Find out more: <a href="https://ow.ly/wXxG50Q0wfpf">https://ow.ly/wXxG50Q0wfpf</a></p>	 <p><b>WAYS TO REDUCE CHOLESTEROL</b></p> <p><b>Factors you <u>can</u> change:</b></p> <ul style="list-style-type: none"> <li>Stop smoking</li> <li>Eat less saturated fat</li> <li>Be more physically active</li> <li>Being in control of your weight</li> <li>Reducing alcohol intake</li> </ul>
<p>The impact of high cholesterol can be serious - from heart disease to stroke.</p> <p>Understanding your numbers allows you to take proactive steps towards a healthier heart, reducing risk of complications.</p> <p>Find out more: <a href="https://ow.ly/lJrZ50Q0wr9">https://ow.ly/lJrZ50Q0wr9</a></p>	 <p><b>DO YOU KNOW YOUR CHOLESTEROL NUMBERS?</b></p> <p>Everyone's target cholesterol level is individual to them. If you've had a heart attack or stroke in the past, your target levels will be lower than someone who hasn't.</p> <p><b>How to check your numbers</b> The only way to know your cholesterol levels is to have a <u>cholesterol check</u> which involves a simple blood test.</p>
<p>Discovering the role of statins in managing cholesterol is an important step towards a healthier heart.</p> <p>These medications, when used under guidance, can be a valuable tool in your heart health toolkit.</p> <p>Find out more: <a href="https://ow.ly/gc5Z50Q0wss">https://ow.ly/gc5Z50Q0wss</a></p>	 <p><b>STATINS - THE FACTS</b></p> <ul style="list-style-type: none"> <li>By reducing bad cholesterol, statins help to stop heart attacks and strokes.</li> <li>Up to 3 in 100 people taking a statin will report muscle pain.</li> <li>If you can't or don't want to take a statin, there may be other options available.</li> <li>There are different statins and different doses.</li> <li>Not all statins work the same, and just because you have problems with one doesn't mean there aren't other options.</li> <li>Don't stop taking your statin without talking to your healthcare professional.</li> </ul>