

NAME:  
NAME OF DOCTOR/NURSE:

DATE:

# DIABETES AND BAD CHOLESTEROL INFORMATION PRESCRIPTION

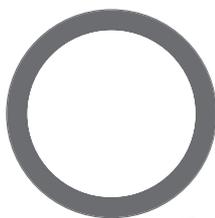
Your last cholesterol reading is: **Total**  **HDL**

**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.

### 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.

- 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.

### 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](http://www.diabetes.org.uk/info-p)