

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

# Cholesterol

A risk factor for heart attack and stroke



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)?

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

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

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

## Questions for my next appointment:

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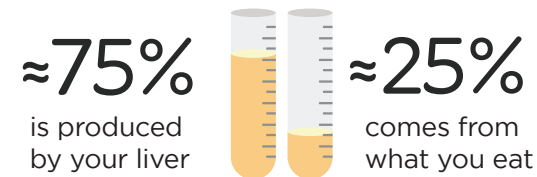
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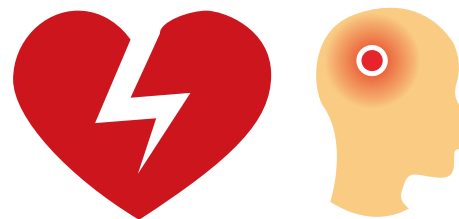
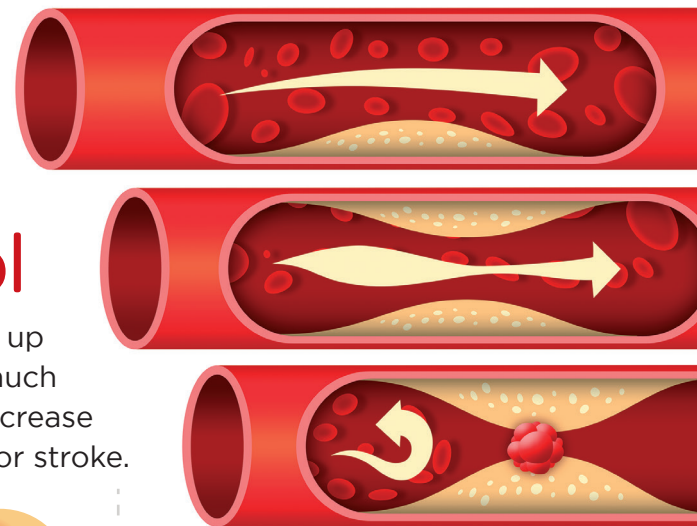
For more information, personal stories and videos, search 'cholesterol' on our website: [heartfoundation.org.nz](http://heartfoundation.org.nz)

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



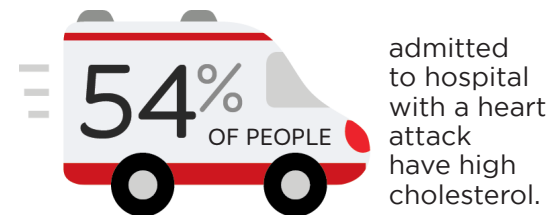
## HIGH Cholesterol

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.



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

Printed May 2019

# 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?

# MY RISK

of heart attack or stroke in the next five years is.....  
(high, medium, low)

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



## 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:

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