

## Cholesterol Level Test

### Did you know?

Two thirds of women (67%) have blood cholesterol above the recommended level

### Q. I have recently checked my Cholesterol and my levels are high. What does this mean?

**A.** Cholesterol levels help to show if you are at risk of Coronary Heart Disease (CHD). Cholesterol is a fatty substance made by the liver which is carried around the bloodstream by proteins. This combination of cholesterol and proteins is called lipoprotein.

There are 2 types of lipoprotein:

- 1) Low density lipoprotein (LDL) – this is the “baddie” and causes furring up of the arteries
- 2) High density lipoprotein (HDL) – this is the “good” cholesterol which protects you by neutralising the bad LDL

### Q. Will I need medication to lower my cholesterol?

**A.** For most of us, cutting down on saturated fats in our diets may be enough to reduce our cholesterol levels. But some people, like those who have inherited a tendency to high cholesterol, or patients CHD or stroke, need a little help and may be prescribed tablets called “statins” to lower cholesterol levels.

