

## We provide the very best Healthcare Services to you as an individual.

- HSE Regulated Medicals for Asbestos, Lead & Diving
- Oil & Gas UK (OGUK) Certified Medicals
- Transport Regulated Medicals for Taxi, HGV & PSV
- DVLA Medicals
- Aviation Medicals,(CAA, Private Pilot & Cabin Crew)

## We Support Organisations

- Occupational Health Surveillance
- Diagnostic Services including Pathology & Radiology
- Bespoke Employment Medicals
- Executive Medicals

## Private Services

- Private GP Appointments
- Private Prescriptions & Fit notes

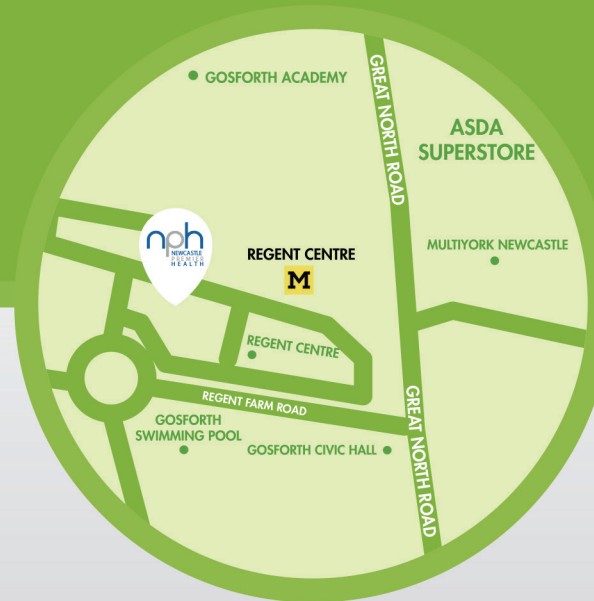
## Travel & Immunisation Clinic

- Travel Advice
- Immunisations
- Yellow Fever Accredited Centre
- Fully Stocked Travel Shop


If you have any concerns about anything you've read in this leaflet or regarding your health in general you can access our Private GP service, with appointments available within 24 hours. Call us to find out more.

## Find us.

**Newcastle Premier Health**  
4th Floor of Dobson House, Regent  
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NE3 3PF



## Get in touch.

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## Cholesterol Awareness

# What is Cholesterol?

**Cholesterol is a fatty substance that is found in the blood stream. It is produced mainly in the liver from fats obtained from our diet.**

Eating too much saturated fat increases cholesterol levels. This is why it is best to limit the amount of foods we eat that are high in saturated fats such as:

Butter, ghee, hard margarine, lard, fatty meat, dairy fats and any foods made from these are sources of cholesterol.

We also get some of our cholesterol from animal foods such as: eggs, liver and kidneys, seafood such as prawns; most of us don't need to limit these because they are low in saturated fat. Plant foods (cereals, fruit, vegetables, pulses, nuts and seeds) do not contain cholesterol.

There are **TWO** main types of Cholesterol:

- **HDL** - High density lipoproteins are the good cholesterol, they carry unwanted cholesterol back to the liver to be processed.
- **LDL** - Low density lipoproteins are the bad cholesterol. These carry cholesterol around the bloodstream, depositing it in the blood vessels.

Cholesterol is important for the structure of cells, making hormones and producing energy. Too much LDL cholesterol can lead to hardening and narrowing of the arteries. Which can in turn increase the risk of disease such as heart attacks and strokes.

## How can I reduce my Cholesterol level?



### Cut down on Saturated Fats

To help reduce your cholesterol, you need to cut down on saturated fats and instead use unsaturated fats such as olive, rapeseed or sunflower oils and spreads. You should also reduce the total amount of fat you eat.



### Eat Oily Fish Regularly

Oily fish provides the richest source of a particular type of polyunsaturated fat known as omega-3. Omega-3 from oily fish can help to lower blood Triglyceride levels. This helps prevent the blood from clotting and can also to regulate the heart rhythm.



### Eat a High-Fibre Diet

Foods that are high in soluble fibre such as oats, beans, pulses, lentils, nuts, fruits and vegetables, can help lower cholesterol.



### Do Regular Physical Activities

This can increase your HDL Cholesterol (the 'protective' type of Cholesterol).

## Who is at risk of Cholesterol?

- People whose family members have high cholesterol.
- Anyone with a diet that is high in saturated fat and people with certain medical conditions such as blood pressure and diabetes are at greater risk.

### What are the symptoms?

Symptoms include deposits around the eyes, in the skin or in the tendons. Yellowish deposits can form in the skin of the eyelids and white rings can form around the edge of the iris. Angina, leg pain and blood clots can all be a result of high cholesterol.

### Will I need to take medication?

Current guidelines recommend a total cholesterol level of below 5.00 mmol /L . Whether you need to take cholesterol-lowering medication or not depends not just on your total cholesterol, HDL and LDL levels, but also on your overall risk of cardiovascular disease.

Cholesterol-lowering medicines such as statins are prescribed for people who are at greatest overall risk of suffering from cardiovascular disease. Diabetes are at greater risk.

