

# Hello.....



## This is your plan to stay well.

You have **high cholesterol**...now what ?

High cholesterol can build up inside your blood vessels and cause blockages.

A bit like when the pipe in your kitchen sink gets blocked, but a lot more serious!

Once a blood vessel is blocked it might cause a heart attack or a stroke.

You can take control by learning all the things you can do to lower your cholesterol.

Visit the [www.NHS.uk](http://www.NHS.uk) website and search for 'high cholesterol' to learn more.

The evidence shows you might benefit from a statin tablet, to lower your cholesterol and so reduce your risk of heart attacks and strokes.

# What next ?



There's an excellent service in Walsall that can lower your cholesterol by helping you change your diet, start exercising, or quit smoking.

This will reduce your risk of heart attacks and strokes. And make you feel better !

**ONE YOU WALSALL**

Tel: 01922 444044 (Mon - Fri 9am - 6pm)

Website: [www.oneyouwalsall.com](http://www.oneyouwalsall.com)

Three months after starting the statin, you will need a blood test to check your cholesterol has come down.

We will review you every year to make sure you are doing everything in your power to reduce your risk.

## Did you know

You do not need to check your cholesterol every year. Once we know the statin is working, you just need to carry on taking it.  
Simple 😊