

Patient Toolkit For Cholesterol Management

Title	Explanation	Link
Primary and secondary prevention & cholesterol management explanation	The aim of primary prevention is to reduce the risk of patients developing cardiovascular disease. The aim of secondary prevention is to reduce the risk of patients with established cardiovascular disease from having worsening disease or recurrent events. Cardiovascular disease (CVD) is an umbrella term which describes a range of conditions that affect the heart, the blood vessels, or both. Such as Coronary artery disease, Ischaemic stroke, Transient ischaemic attack, or Peripheral vascular disease.	What is cholesterol? Understand cholesterol test results High cholesterol - symptoms, causes & levels - BHF Atherosclerosis
Know Your Numbers cards	Your Healthcare Professional can give you a card with information about your cholesterol levels and medication. Two card sizes available depending on preference.	LDL card
Medication that can lower cholesterol.	Statins Ezetimibe Bempedoic Acid Inclisiran PCSK9 inhibitors (secondary care prescription only) Icosapent Ethyl (Vaskepa)	Statins Ezetimibe Bempedoic acid Inclisiran PCSK9 inhibitors Icosapent-ethyl
Other medications	Other medications you might be prescribed are for cardio protection and recovery post cardiovascular events.	Medicines for my heart - Heart conditions Blood-thinning medication and stroke
Statins Questions & Answers	Patient information from British Heart Foundation and HEART UK	Statins Q&A (heartuk.org.uk) Statins: Common questions answered - Heart Matters magazine - BHF
Cholesterol Questions and Answers	Explanation about cholesterol from Heart UK website Common questions answered by British Heart Foundation	What causes high cholesterol? - HEART UK How do I lower my cholesterol? we answer 5 of your most common questions - BHF



Other Health conditions	Along with cholesterol management, it is also important to manage health conditions which can cause high cholesterol such as: • Diabetes • Metabolic Syndrome • Hypothyroidism (underactive thyroid) If you have high cholesterol, you might develop a cardiovascular disease such as heart attack, stroke and peripheral vascular disease. We have provided some links to help you better understand your condition	Diabetes Metabolic Syndrome Hypothyroidism (underactive thyroid) Heart attack Stroke Peripheral vascular disease High blood pressure
Lifestyle information	Healthy Eating HEART UK – checklist (updated version) Food labelling & Portion sizes Smoking Alcohol Exercise Weight management	Eating for lower cholesterol Healthy living - HEART UK - Checklist Food labelling & portion sizes Quit smoking Alcohol Exercise Looking after your weight
HEART UK Leaflets QR codes	Patient leaflet link – click the link to view the QR codes Scan the QR code to access the leaflet from HEART UK Cholesterol charity	HEARTUKQRcodes
Self-referrals to support services	One You Lincolnshire – Free weight loss, exercise, stop smoking and drink less programmes to help you walk towards a healthier, happier you. We've partnered with leading weight loss providers, including Weight Watchers, MAN v FAT and Slimming World. Offering tools and support to guide you every step of the way. This service is funded by Lincolnshire County Council and provided by Thrive Tribe.	Home One You Lincolnshire

	Heart Matters Magazine - Get free information, inspiration, expert support and the latest news delivered straight to your inbox or door. Heart Matters helps people at risk from heart and circulatory disease and those who care for them, to take control of their heart health. Talking Therapies - One in four of us will experience a common mental health problem at some point in our lives. Common mental health problems include anxiety, stress or depression. We are a free NHS service. It provides a range of evidence based talking therapies. These can help with problems such as depression, anxiety, post-trauma reaction, panic, phobia and Obsessive Compulsive Disorder (OCD).	Heart Matters Magazine - BHF Home: Talking Therapies
Patient Decision Aid	NICE document 'Should I Take a Statin'. This is for Primary prevention – People who are at risk of CVD but do not have a confirmed diagnosis of CVD.	Patient decision aid on should I take a statin?
Questions to ask your healthcare professional	1. Is there any interactions with my lipid lowering therapy and my other medications? 2. My QRISK says I should be offered a statin, are there any guides to help me make a decision about starting medication? 3. How often should I have my cholesterol checked whilst on medication? 4. My QRISK is <10% but I have a family history of cardiovascular disease, should I be on a statin? 5. My total cholesterol is >7.5mmols, my LDL >4.9mmols and I have a family history of cardiovascular disease, could I have a genetic (familial hypercholesterolaemia) condition?	Patient decision aid on should I take a statin?
Useful websites	www.heartuk.org.uk - Website to inform and support people to manage their cholesterol levels. Great heart health information. www.bhf.org.uk - Website to inform and support people in all aspects of heart disease and other heart related conditions. Good medication advice and a heart help line phone number: 0300 330 3322 (free to call)	

	www.stroke.org.uk – a support page for anyone seeking knowledge on strokes. Discover insights into causes, symptoms, prevention, and rehabilitation, but also what services and support the Stroke Association offers for stroke survivors or anyone involved with stroke. www.diabetes.org.uk - Website to inform and support people with diabetes. www.bloodpressureuk.org - Excellent website promoting self-care of blood pressure. www.nhs.uk -Advice, Apps, tips and tools to help you make the best choices in health. All advice given on this website would be given to you by any nurse or doctor in England. www.drinkaware.co.uk – Alcohol support service	
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For any queries, contact:

Mo Bullen, Ruth Howard & Emma Spence
Lipidology Nurse Specialists

Email:

lhnt.lipidology@nhs.net

LDL Cards

Know Your Cholesterol Results



If you have had a heart attack, ischaemic stroke, transient ischaemic attack, or have peripheral vascular disease, you should already be on cholesterol-lowering medication such as a statin. UK guidelines recommend lowering your LDL cholesterol below 1.8mmol/L or non-HDL cholesterol below 2.5mmol/L.

Name:

Your current blood results

Date:
Total Cholesterol: mmol/L
Triglycerides: mmol/L
LDL: mmol/L
Non-HDL: mmol/L

LDL Cholesterol targets as recommended by your doctor

☐ <1.8mmol/L
☐ <1.4mmol/L

Your Cholesterol lowering medication

You should have had your cholesterol profile rechecked after 3 months from initial treatment.

Your blood results

Date:
Total Cholesterol: mmol/L
Triglycerides: mmol/L
LDL: mmol/L
Non-HDL: mmol/L

Target LDL is achieved.



Continue cholesterol therapy lifelong with annual cholesterol blood tests.

Target LDL is not achieved.



Speak to your GP about your cholesterol lowering medication.

For more information visit:

www.heartuk.org.uk/cholesterol/understanding-your-cholesterol-test-results-

Authors: Lincolnshire Lipid Advisor Group



LOWERING
LINCOLNSHIRE'S LIPIDS

Heart Uk Leaflet QR codes



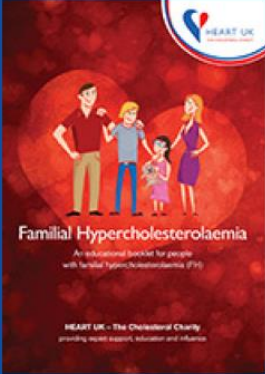
HEART UK

THE CHOLESTEROL CHARITY



Blood Fats Explained

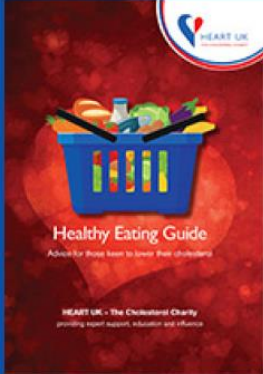
HEART UK - The Cholesterol Charity
providing expert support, education and influence



Familial Hypercholesterolaemia

An educational booklet for people with familial hypercholesterolaemia (FH)

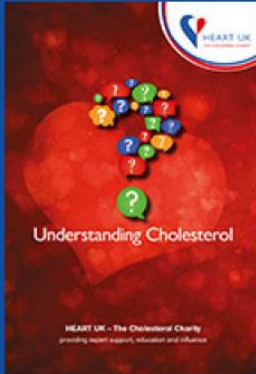
HEART UK - The Cholesterol Charity
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Healthy Eating Guide

Advice for those keen to lower their cholesterol

HEART UK - The Cholesterol Charity
providing expert support, education and influence



Understanding Cholesterol

HEART UK - The Cholesterol Charity
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