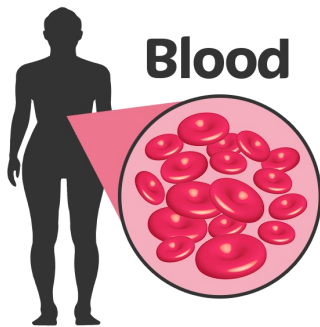


# Cholesterol



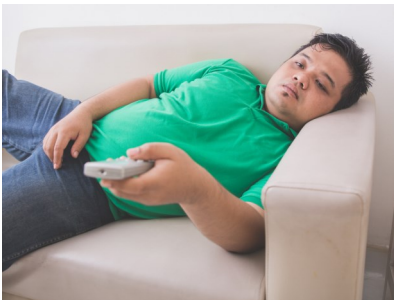
Cholesterol is a fatty substance that is found in your blood.

High cholesterol means you have too much of it.

High cholesterol is caused by eating fatty food



or by not getting enough exercise



or by being overweight



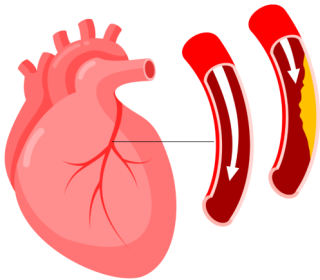
or by smoking and drinking alcohol



It can also run in families



Too much cholesterol can block your blood vessels

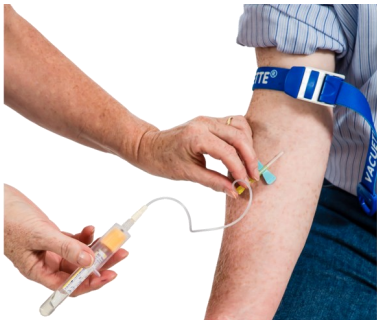


This means you are more likely to have heart problems or be at risk of a stroke



High cholesterol does not cause any symptoms.

You can find out if you have it by having a blood test



Your GP might ask you to have a blood test if they think you have high cholesterol



You can lower your cholesterol by eating healthily



and getting more exercise



Some people might also need to take medication

