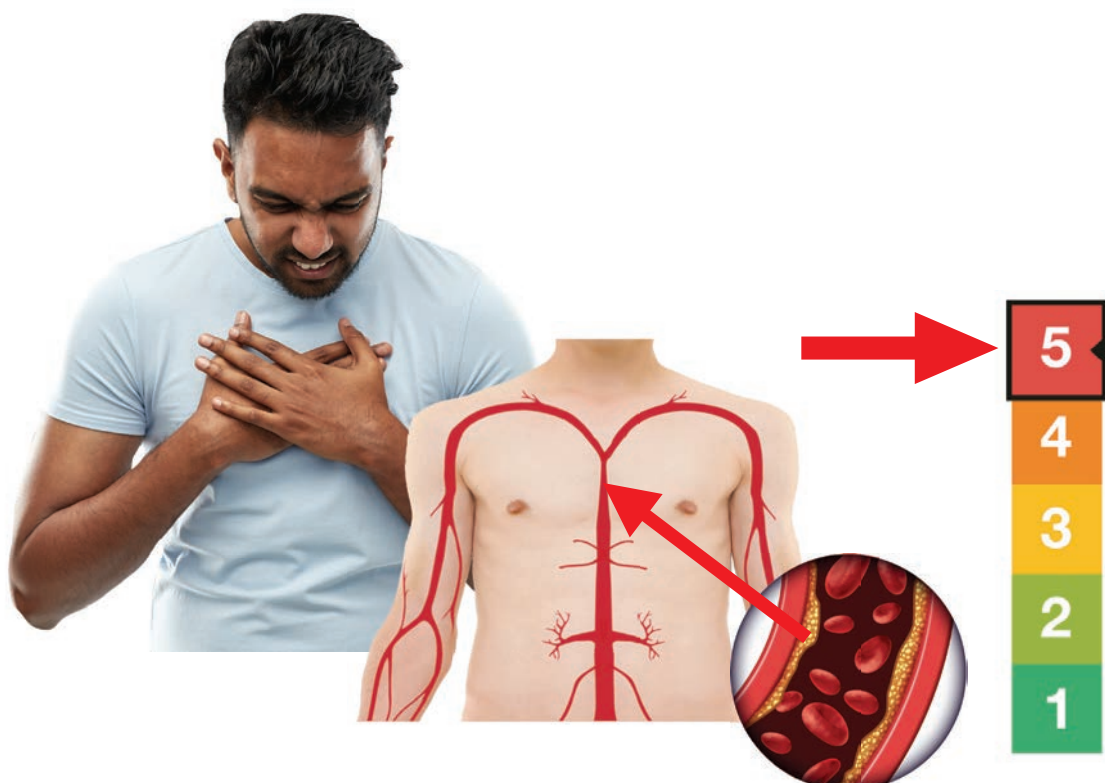




This booklet tells you about high cholesterol

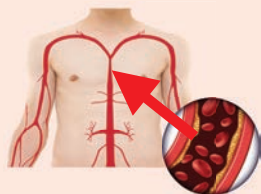
High cholesterol can give you
more chance of having a heart
problem



What is in this booklet



Page 1 About us



Page 2 About high cholesterol



Page 4 How you get high cholesterol



Page 6 How to tell if you have high cholesterol



Page 7 What happens if you have high cholesterol



Page 10 Taking your medicine



Page 12 More information

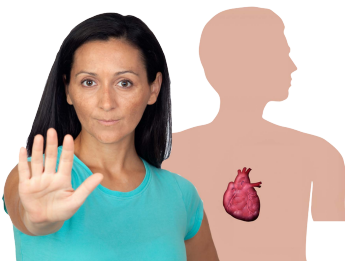
About us



We are British Heart Foundation.



We work with doctors and scientists to find treatments for heart problems.



We want to learn how to treat heart problems and stop them from happening.



We have lots of information and support to help keep your heart healthy.

This booklet tells you:

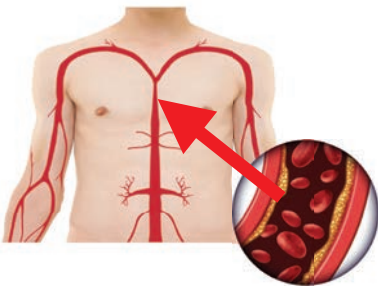
- What high cholesterol is.
- What causes high cholesterol.
- What tests you might have to check if you have high cholesterol.





About high cholesterol

We say it like this: Kol est er ol.



Cholesterol is a kind of fat in your blood. It moves around in your body.



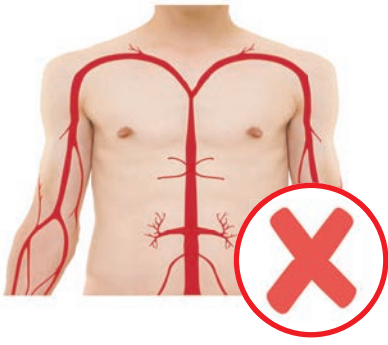
Everyone has got it.



Some kinds of cholesterol are good for you. They help to keep you healthy.



But some kinds are bad for you.



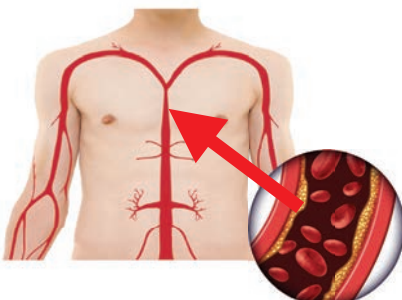
Too much bad cholesterol can make it hard for blood to move around your body.



And it can give you more chance of having problems with your heart.



Some of these problems can be really serious.



Having too much bad cholesterol is called **high cholesterol**.

How you get high cholesterol



Anyone can get high cholesterol.
It can be caused by different things.



The way you live your life can make you have high cholesterol.

Things like:



- Having an **unhealthy diet**.
Your **diet** is the things you eat and drink.



- Not moving enough or doing enough exercise.



- Smoking.



- Weighing too much.



But some things you cannot do anything about.

Some groups of people have more chance of having high cholesterol. This might be:



- People from Black African, African Caribbean or South Asian backgrounds.



- People whose parents or grandparents have heart problems.



- Older people.

How to tell if you have high cholesterol



Most people with high cholesterol do not know they have it.



They find out they have it after a blood test.

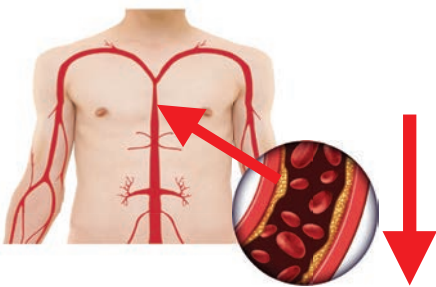


This might be at a health check or a check for something else.

What happens if you have high cholesterol



Your doctor will make a plan with you.



The plan will say what you need to do to lower your cholesterol.

There are 2 ways to lower high cholesterol.

1. Make some changes to help you stay healthy



and



2. Take some medicine.



Your doctor might tell you to try making changes first.



We have an easy read booklet that gives you ideas about changes you could make.



You can find the booklet on our website:
bhf.org.uk/publications



If making changes does not work, the doctor might give you some medicine. It is usually tablets.



If you have high cholesterol, you should get it checked every year.

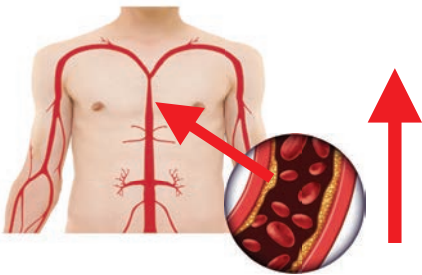


Ask your doctor if you do not know when your next appointment is.

Taking your medicine



It is important to take your medicine every day.



If you stop taking it, your cholesterol might go back up again.



You may need to take tablets for the rest of your life.



You might feel worried about taking tablets.



But we know they are very safe and work well.

Tips to help you to take your medicine

It can be hard to take medicine every day.



Here are some ideas to help you:

- Try to take your medicine at the same time every day.



- Make sure you have enough medicine if you go on holiday.



- Speak to your pharmacist or doctor before taking any other medicines.

This is because other medicines can affect how medicine for high cholesterol works.



More information



If you have any worries or questions, you can get support.



You can speak to your local doctor or nurse.



Or you can call our Heart Helpline and speak to 1 of our nurses.

You can contact the helpline.



Phone:
0808 802 1234



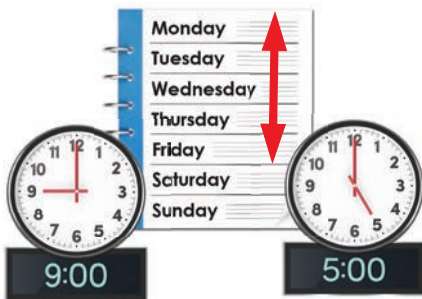
It is free to call this number.



Email:
hearthelpline@bhf.org.uk



Look on our website:
bhf.org.uk/hearthelpline



The Heart Helpline is open Monday to Friday, 9am to 5pm.



This booklet has been supported by Royal Mail in partnership with British Heart Foundation

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