

Cholesterol

Lowering your levels

The facts!

It is important to have your cholesterol level taken once a year.

For more information

Contact your local **Aboriginal Medical Service** or **Health worker**. Aboriginal Chronic Care workers are located in NSW Health Services and some Aboriginal Medical Services.

Chronic Care for Aboriginal People Program:

www.health.nsw.gov.au/initiatives/chronic_care/aboriginal/index.asp

Produced by the NSW Chronic Care for Aboriginal People Program.

Aboriginal Health and Medical Research Council:

www.ahmrc.org.au

Adapted with permission from Daruk AMS, Mt Druitt

© NSW Department of Health 2004

For further copies of this document contact:

Better Health Centre – Publications Warehouse

PO Box 672, North Ryde BC 2113

Tel. (02) 9887 5450

Fax. (02) 9887 5879



NSW Chronic Care for Aboriginal People Program



Chronic Care
for Aboriginal People



What is cholesterol?

Cholesterol is a white waxy fatty substance. It is made in the liver and released into the blood stream.

Cholesterol is used for many things such as:

- making hormones
- making Vitamin D (which is used to make our bones and teeth strong).

Cholesterol can be both good and bad, so it is important to learn what cholesterol is, what it does to your health and how to manage your blood cholesterol levels.

You can also get cholesterol from the food you eat.

There are different types of cholesterol

Good cholesterol

This is called HDL.

It protects you against heart disease. The more you have of this the better. HDL mops up the bad cholesterol.

Bad cholesterol

This is called LDL.

It leads to fatty stuff building up in artery walls, which can lead to heart disease, heart attacks, chest pains, strokes, kidney and circulation problems.

Exercise increases your good cholesterol.

How do I lower my bad cholesterol?

- Keep a healthy weight
- Cut down on animal fats such as butter, cream, cheese and fried foods
- Eat more fibre (fruit, vegetables, cereal, baked beans)
- Don't smoke
- Take your tablets every day as instructed.
- Exercise daily – walking is good for you
- Be active
- Eat more fish.

**NSW
Chronic Care
for Aboriginal
People
Program**