You’re much more likely to get there with support, so who will you ask to support you to manage your cholesterol (e.g. family/whānau/church)?

Have you thought about the wider benefits of making changes for both you and your family?

What are the pros and cons of each change you might like to make?

How confident are you that you can take the next step?

Cholesterol is only one of the risk factors for heart attack and stroke. Ask your health professional what your overall risk is.

Cholesterol is a type of fat that circulates in your blood and performs a number of important functions.

- ≈75% is produced by your liver
- ≈25% comes from what you eat

Extra cholesterol can build up in your body. Having too much in your bloodstream can increase your risk of a heart attack or stroke.

Cholesterol can build up and narrow your arteries.

A clot in a narrowed artery can cause a heart attack or stroke.

Many people are unaware they have high cholesterol. The only way to find out is to have a blood test.

Cholesterol is produced by your liver. A clot in a narrowed artery can cause a heart attack or stroke.
Questions you might like to ask:

- What is the most important thing for me to do to lower my risk?
- What small steps can I take to lower my risk?

MY RISK

of heart attack or stroke
in the next five years is
(high, medium, low)

THINK ABOUT YOUR FUTURE

Being there for your family, your plans and dreams. Could your high cholesterol and risk of heart attack or stroke affect this?

Take medications

Watch and wait

Lose weight

Move more

Make heart healthy eating and drinking choices

Stop smoking

What would I like to do to lower my risk?

What does my health professional recommend?

If you would like support with goal setting, ask your health professional about the Heart Foundation ‘Taking Control’ resource.