

Stroke Prevention

PART TWO

Cholesterol (LIPIDS)



A Patient's Guide

Lowering cholesterol protects your brain and heart.

After a stroke, lowering cholesterol helps prevent:

- ▶ Another stroke
- ▶ Heart attack

Your target

Your GP will advise, but often:

LDL cholesterol below 1.8 or lower



Important Message

Even if you feel well, cholesterol treatment is still essential.



POSITIVE ACTIONS THAT HELP

- Take cholesterol medication regularly
- Eat a heart-healthy diet
- Stay active



RED FLAGS

Call 999 if:

You have chest pain

Contact GP if:

You stop medication

You have concerns about side effects

You do not understand your results



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Working with you 4