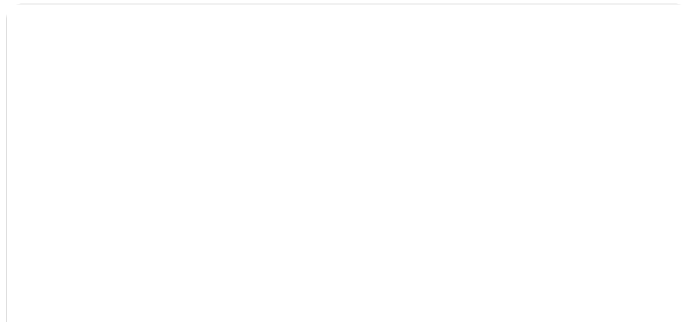




Living Well
North Tyneside
Supporting Health and Wellbeing

National Cholesterol Month – Taking Control of Heart Health



As the leaves turn golden and the air grows crisper, October brings us National Cholesterol Month, a dedicated campaign aimed at raising awareness of the dangers of high cholesterol and supporting HEART UK, a charity committed to fighting heart disease. In this post, we'll explore the importance of this campaign and how you can take control of your heart health.

Understanding Cholesterol

Cholesterol is a waxy substance found in your blood that your body needs to build healthy cells. However, having too much cholesterol can lead to the development of fatty deposits in your blood vessels, which can increase the risk of heart disease. National Cholesterol Month is an opportunity to educate ourselves about cholesterol, its impact on heart health, and how we can manage it.

The Role of HEART UK

HEART UK is a leading charity dedicated to preventing premature deaths caused by high cholesterol and cardiovascular disease. By raising funds for HEART UK during National Cholesterol Month, we can contribute to their vital work in research, education, and support for individuals and families affected by high cholesterol.

How to Get Involved

Here's how you can participate in National Cholesterol Month and take control of your heart health:

- **Know Your Numbers:** Start by getting your cholesterol levels checked. Understanding your cholesterol profile is the first step in managing it effectively.
- **Lifestyle Changes:** Consider adopting heart-healthy lifestyle changes, such as eating a balanced diet low in saturated fats, engaging in regular physical activity, and quitting smoking if you smoke.
- **Spread Awareness:** Use your voice and social media platforms to raise awareness about the importance of cholesterol management. Share information and resources to help others make informed decisions about their heart health.
- **Support HEART UK:** If you're able, make a donation to HEART UK or participate in fundraising events to support their vital work in combating heart disease.
- **Consult a Healthcare Professional:** If you have concerns about your cholesterol levels or heart health, consult a healthcare professional for guidance and personalised recommendations.

National Cholesterol Month serves as a timely reminder that heart health is something we can all take control of. By

understanding the role of cholesterol and supporting organisations like HEART UK, we can make a tangible difference in reducing the impact of heart disease on individuals and families.

This October, let's come together to raise awareness and take proactive steps towards healthier hearts.

Related Links

- [Heart UK](#)



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