

Diabetes and Cholesterol

Patient Information Leaflet

Diabetes, smoking, high blood pressure and high cholesterol are linked with heart disease and strokes in both men and women.

WHAT IS CHOLESTEROL?

Cholesterol is a fat in the blood. There are two main types of cholesterol or blood fats:

- ❖ HDL or High Density Lipoprotein, which usually protects against heart disease. This is good cholesterol. However, in some people with diabetes, this cholesterol does not work as well as in non-diabetic people.
- ❖ LDL or Low Density Lipoprotein, which may become deposited in your blood vessels. This is bad cholesterol. In some people with diabetes, this is much more likely to happen.

Adding together all the blood cholesterol gives the Total Cholesterol.

WHAT IS TESTED & HOW OFTEN?

Most people with diabetes should have a test for Total Cholesterol and HDL cholesterol performed once a year. LDL cholesterol is more difficult to measure. However having information on Total and HDL cholesterol is sufficient for the majority of patients.

WHAT TREATMENT IS NEEDED?

If high cholesterol levels are found (that is total cholesterol more than 4) then reducing the amount of fat in your diet is necessary. The dietitian can give you advice about how to do this.

All patients with diabetes over the age of 40 should be considered for a statin tablet to help lower levels of cholesterol and reduce the risk of having a heart attack or stroke.

Ask for advice on activity levels and exercise or see the patient information leaflet **Diabetes and Exercise** available from your diabetes healthcare team or on the **Diabetes MCN website**.

Ask for advice on stopping smoking or see the patient information leaflet **Diabetes and Smoking** available from your diabetes healthcare team or on the **Diabetes MCN website**.

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot

NHS Lanarkshire General Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland. www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 30 30 243 or e-mail info@lanarkshire.scot.nhs.uk

Pub. date:	August 2018
Review date:	August 2020
Issue No:	04



www.careopinion.org.uk