What else can you do to look after yourself?

Get a GP

The most important first step in managing your physical health is to make sure you have a GP you can trust. Ask around among people you know and make an appointment for a check-up.

Quit smoking

- Smoking damages every organ in your body
- Smoking can cause tooth, mouth and gum disease
- Think of all the money you would save!
- If you've thought of quitting smoking (or even just cutting down) talk to your doctor, case manager or phone **Quitline 137848 (13 QUIT)**

Be more active

- Aim to be physically active for at least 30 minutes every day walking is a great way to start
- You should be puffing a bit and break a sweat, but still able to talk
- More activity can lead to better mood and healthier weight
- It will help with cholesterol, blood pressure and diabetes

Look after your teeth

- Brush your teeth twice a day
- Aim to floss once a week
- See your dentist once a year
- Tooth decay can make you sick

Eat healthier foods

- Choose low fat and sugar free products
- Eat wholegrain breads and cereals
- Eat lots of fruit and vegetables
- Drink plenty of water
- Cut down fried and takeaway foods
- Avoid cakes, chocolate and lollies
- Limit alcohol

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ccCHiP

Cholesterol
Information Booklet

Collaborative Centre for **Cardiometabolic Health** in Psychosis

Cholesterol and blood fats

Cholesterol is a type of fat found in the blood. It is made by the liver and absorbed from the food we eat. Without cholesterol our body would not work properly. However, too much cholesterol can lead to blocking of the blood vessels that supply the heart and body. This can cause heart attacks, strokes and poor blood flow to our legs. The higher your cholesterol, the higher your chance of having these problems.

The different types of fat

HDL (High density lipoprotein) – people call this "good" cholesterol. HDL protects you from disease by taking away excess cholesterol from blood vessels. The more HDL you have, the better. Being active increases your HDL.

LDL (Low density lipoprotein) – people call this "bad" cholesterol. LDL causes a build up of cholesterol in blood vessels. This causes disease.

TG (Triglyceride) – is also a type of fat but not a cholesterol. High levels of TG are also associated with a blocking of the blood vessels and cause disease.

There is no *'Physical'* health

There is no *'Mental'* health

There is only

Health

What causes high cholesterol and triglycerides?

- Eating too much saturated fat (e.g fatty meat, full fat dairy products, coconut oil, palm oil, fatty and fried takeaway foods, cakes and biscuits)
- Not eating enough poly and monounsaturated or healthy fats, such as fish, nuts, and avocado
- Lack of exercise
- Drinking alcohol
- Eating too many sugary foods and drinks (e.g. soft drink)
- Genetic factors – we can't do anything about our genes
- Being overweight

What can untreated high cholesterol do to me?

It can cause:

- Heart attacks
- Strokes
- Problems with blood flow to your legs and arms (peripheral vascular disease). This is associated with limb amputations
- High blood pressure

How can I improve my cholesterol and triglyceride levels?

- Eat less saturated fat (e.g trim fat and skin off meat, use low fat dairy products, reduce biscuits, cakes, fatty and fried takeaway foods)
- Eat foods with healthy poly and mono unsaturated or "healthy" fats (fish, nuts, seeds, avocado, oils (except palm and coconut)
- Eat more foods high in fibre (e.g. fruit, vegetables, legumes, wholegrain breads and cereals)
- Achieve and maintain a healthy weight and waist line
- Reduce your intake of sugary foods and drinks (e.g. soft drink)
- Stop smoking or at least cut down
- Drink less alcohol
- Exercise – be more active aim for 30 minutes every day
- Take cholesterol lowering medication if prescribed by the doctor

My new medication is:

Name

Dose