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SEPTEMBER 2017 Health & Wellbeing Newsletter



October is National Cholesterol Month

National Cholesterol Month is devoted to raising awareness of the dangers of high cholesterol and to help fundraise for the life-saving work that Heart UK provide. The Great Cholesterol Challenge runs during October and is designed to help us all move a little more and to eat a little healthier, and in return, lower our risks of heart disease.

You or your team can take part in several 'virtual challenges' such as:

- ▶ **Rowing across the English Channel**
- ▶ **Climbing the Eiffel Tower**
- ▶ **Cycling from London to Amsterdam**
- ▶ **Walking the length of the River Thames**

All of these virtual challenges are supported with apps and information packs to help track and monitor you or your team's progress.

For more information on National Cholesterol Month please visit

<https://heartuk.org.uk/get-involved/national-cholesterol-month/the-great-cholesterol-challenge>

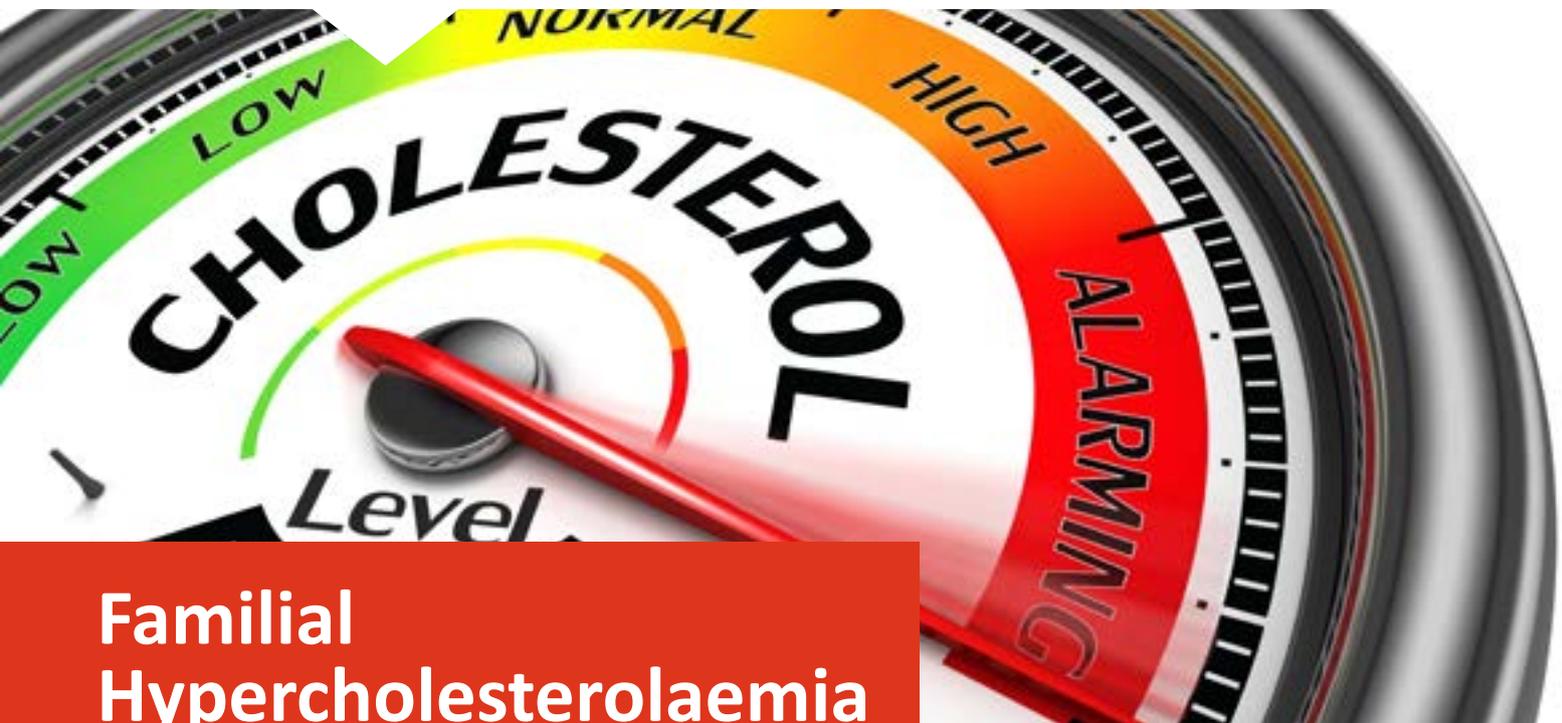
Food of the Month - Energy Balls

For a quick, nutritious snack to take to work, try this easy 'no cooking required' recipe:

- 100g soft dried dates
- 50g dried cherries
- 50g soft dried apricots
- 1 tbsp toasted sesame seeds
- 2 tsp coconut oil

Method

Whizz all the fruit in a food processor until very finely chopped. Tip into a bowl and add the coconut oil and mix. Shape into walnut-sized balls, then roll in sesame seeds. Store in an airtight container until you need a quick energy fix.



Familial Hypercholesterolaemia

Familial Hypercholesterolaemia (FH) is an inherited condition that leads to very high LDL cholesterol ('bad' cholesterol) levels. It is not caused by unhealthy lifestyle habits such as a poor diet or lack of physical activity but is passed on through the generations by a faulty gene. In the UK, around 1 in 500 people have FH, and if you are a sibling or child of someone with FH you have a 50% chance of having this condition.

As with general levels of high LDL cholesterol, FH can lead to the development of heart disease, particularly if left untreated or undiagnosed. Your doctor may suspect you have FH if you have any of the following:

- ▶ **History of early cardiovascular disease in your family**
- ▶ **Have suffered a heart attack under the age of 50 if male, or 60 if female**
- ▶ **Your total cholesterol is very high**
- ▶ **Other family members have been diagnosed with FH**
- ▶ **Any physical symptoms such as swelling of tendons around your heels or knuckles; yellowish patches around the eyes; or white deposit of cholesterol on the edge of the coloured part of your eye.**

Although FH is not caused through an unhealthy lifestyle, maintaining a healthy diet and being physically active still play a role in helping reduce the levels of LDL cholesterol in the blood. If lifestyle changes do not reduce cholesterol levels enough, appropriate medication is generally started as well.

For more information about FH please visit <https://heartuk.org.uk/fh-familial-hypercholesterolemia> or for more information about your cholesterol levels, arrange to have a health check.

Tip of the Month

Swapping to a ¼ avocado on your sandwich instead of a slice of cheese will save you 5 grams of saturated fat

Fact of the Month

A change in diet can reduce cholesterol levels by up to 15%

“ When you feel like quitting, think about why you started ”
Anon