

Your health

Cholesterol FAQ's

Managing your cholesterol is key to both a healthy heart and body.

GP and President of the Primary Care Cardiovascular Society, Dr Jim Moore, answers the most Googled questions about what cholesterol is.



1) What is cholesterol?

There are two main types of cholesterol – ‘good’ cholesterol or ‘bad’ cholesterol.

The ‘bad’ cholesterol causes fatty deposits which can narrow and clog blood vessels.

‘Good’ cholesterol removes bad cholesterol from the body – it absorbs it and carries it to the liver removed from the body as waste.

2) Why should I be concerned about cholesterol?

‘Bad’ cholesterol can be harmful as it sticks to the inside walls of your blood vessels and leads to a build-up of fatty material, making it hard for blood to flow through vessels, causing heart attacks or strokes.

3) What causes high cholesterol?

High cholesterol can affect anyone – even those who are young, slim,

and otherwise healthy. It can be caused by things you can control such as smoking, drinking and not exercising, as well as things you cannot, for example, age, ethnic background, and family history.

4) What foods are high in cholesterol?

- Full fat dairy food such as milk, cheese, yoghurt, and cream
- Animal fats like butter and ghee
- Fatty and processed meat products, such as sausage and bacon
- Cakes, biscuits, and pies

5) Is high cholesterol reversible?

There are a number of ways to improve your cholesterol profile, for example, changing diet and exercise.

This can include:

- Quitting smoking
- Cutting down on alcohol
- Doing more exercise
- Eating a healthy diet