

Digital Resources for Lipid Management

The purpose of this document is to provide an overview of digital resources to support staff for the implementation of the [Proactive Care Frameworks](#). This list has been developed for local systems to access guidance and information on validated resources available.

Understanding cholesterol

- [Blood fats explained](#)
- [Understanding cholesterol](#)
- [Familial Hypercholesterolemia](#)

Managing raised cholesterol

- [What are statins?](#)
- [Patient decision aid for statins](#)

Peer Support

Support and conversations with others living with high cholesterol. ([CLICK HERE](#) – then type cholesterol into search function)

Health and wellbeing resources

Diet:

- [Healthy Eating Guide](#)
- [NHS advice on eating well](#)
- [Advice and guidance on losing weight](#)
- [NHS advice on lowering cholesterol levels](#)

Exercise:

- [Getting active around the home](#)
- [Dance to health](#)
- [Tips to get active](#)

Smoking cessation:

- [NHS support for smoking cessation](#)

Alcohol:

- [Heart UK alcohol guidance](#) & [NHS Drink Less guidance](#)

Wellbeing and Mental Health:

- [Every Mind Matters](#)