

## YELVERTON SURGERY

### FREQUENTLY ASKED QUESTIONS ABOUT CHOLESTEROL TESTING

**Q If I have no other risk factors such as family history, diabetes, high blood pressure or smoking, do I need my Cholesterol checking?**

**A** Probably not – The best thing to do is to eat healthily and in moderation as well as taking regular exercise where possible.

**Q How often should I have my Cholesterol checked if I am on STATINS or have significant risk factors?**

**A** Once a year unless we advise you otherwise.

**Q Before a Cholesterol check should I be fasting or not?**

**A** In this practice we would recommend that the **first** test we do is a fasting one. However subsequent ones, especially if you take STATINS, do not have to be.

**Q I had my Cholesterol checked in a chemist and they said the result was borderline. What should I do?**

**A** Please see the answers to previous questions and contact the call back service to discuss with a GP if you have any doubts.

**Q Is there any other information I can read?**

**A** Yes, we have a detailed leaflet available on our website at [www.yelvertonsurgery.co.uk](http://www.yelvertonsurgery.co.uk) (click the link to “useful information”) or on request - ask at the Reception desk.