**CHOLESTEROL**

*Arial 12pt, uppercase, bold, underline, centre* ✓✓✓✓✓

Cholesterol is a waxy substance found in every cell in your body. It is produced mostly in the liver but some is also supplied by your diet.

Your body needs cholesterol to:



*Insert an open line* ✓

1. form cell membranes;

*Apply numbering, indent,*

*Align with left margin*

✓✓✓

1. produce certain hormones and vitamins, and
2. digest food efficiently

Cholesterol and your heart

Raised cholesterol can have an adverse effect on your heart health, as it causes the build-up of fatty deposits in your arteries. This results in narrowing of the arteries. This also restricts your blood flow which can lead to angina, heart attacks and strokes.

Other risk factors are:



*Insert an open line* ✓

* age
* gender

*Apply bullets, indent,*

*Align with left margin*

✓✓✓✓

* ethnicity
* smoking
* blood pressure
* diabetes
* family history of premature heart problems and
* being overweight

*Save as CHOLESTEROL2. ✓*

*[15] Marks for manipulation*