Cholesterol

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:

Form cell membranes;

Produce certain hormones and vitamins and

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:

Age

Gender

Ethnicity

Smoking

Blood pressure

Diabetes

Family history of premature heart problems and

Being overweight