


# Cholesterol Monitoring\*

- 1 **Do a Cholesterol test**  
and look at the CHOLESTEROL number.
- 2 **Find the number**  
in the range below.



- 3 **Look below the number** to see if you are  
**DESIRABLE**      **BORDERLINE HIGH**      **HIGH**
- 4 **Check the box below the number for advice on how you can act** to help you keep your numbers in the healthy range.

## MY CHOLESTEROL NUMBER mmol/L

|                                                                                                                                     |     |     |     |     |                                                                                                                 |     |     |     |     |                                                                                                                                                                                                                                 |     |     |     |     |     |     |
|-------------------------------------------------------------------------------------------------------------------------------------|-----|-----|-----|-----|-----------------------------------------------------------------------------------------------------------------|-----|-----|-----|-----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----|-----|-----|-----|-----|
| 4.0                                                                                                                                 | 4.2 | 4.5 | 4.7 | 5.0 | 5.1                                                                                                             | 5.2 | 5.5 | 5.7 | 6.1 | 6.2                                                                                                                                                                                                                             | 6.5 | 7.0 | 7.5 | 8.0 | 8.5 | 9.0 |
| <b>DESIRABLE</b><br><br><br>Keep doing what you do |     |     |     |     | <b>BORDERLINE HIGH*</b><br><br>→ Please contact your GP or Pharmacist for advice about lifestyle <b>changes</b> |     |     |     |     | <b>HIGH*</b><br><br>→ Please contact your GP or Pharmacist for advice about lifestyle <b>intervention and therapy</b><br><br><b>Check</b><br>– Blood Pressure<br>– Smoking<br>– Fat intake<br>– Dairy or animal products intake |     |     |     |     |     |     |