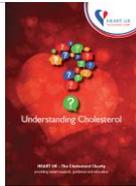
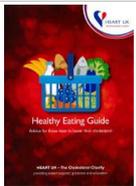


HEART UK Publications and Educational Materials

Publication	Quantity	
<p>Understanding Cholesterol</p> <p>Basic information about why cholesterol is important, making lifestyle changes and how HEART UK can support you – 8 pages A5</p>	Maximum 50	
<p>Healthy Eating Guide (formerly the Diet Guide)</p> <p>This leaflet includes general guidance on living with raised cholesterol, as well as a comprehensive guide to different food types broken down into “Best Choice”, “Occasionally” and “Best Avoided” categories – trifold A5</p>	Maximum 100	
<p>Blood Fats Explained</p> <p>For people with inherited lipid conditions and those who want to know more about how blood fats affect their health - 16 pages A5</p>	Maximum 200 FOR LIPID CLINICS ONLY	
<p>The Ultimate Cholesterol Lowering Plan (UCLP)</p> <p>A fully flexible 3 step eating guide to improve blood cholesterol levels. Available as a 13 page booklet and an “at a glance” fact sheet - 12 pages A5</p>	Maximum 20	
<p>Familial Hypercholesterolaemia (FH)</p> <p>An educational booklet for people newly diagnosed with familial hypercholesterolaemia. Contains cartoon illustrations, family tree, illustrations of LDL receptor, causes and signs and treatment of FH – 28 pages A5</p>	maximum 25 for GP surgeries	
<p>Life with Familial Hypercholesterolaemia (FH)</p> <p>Written by HEART UK and published with the help and support of the British Heart Foundation (BHF), this booklet provides a step-by-step explanation of FH, how it is diagnosed, treatment and tips for everyday living – 64 pages A5</p> <p>To order more than one copy, please phone BHF orderline 0870 600 6566 or email orderline@bhf.org.uk quoting ref. M111F.</p>	ONE COPY Tick to request	
<p>Lipid Clinic Cards</p> <p>Contains contact details for HEART UK – The Cholesterol Charity in an easy business card sized format.</p>	Maximum 25	
<p>FH and Dyslipidaemia Posters</p> <p>A double sided poster and features central obesity as known driver for disordered lipid levels on one side and Familial Hypercholesterolaemia on the other – double sided A3</p>	Maximum 6	

DOWNLOADING FACT SHEETS

There are a wide number of factsheets available, free of charge, to download from our website for use with patients. They can be found if you click onto '*I want to see your diet and medical fact sheets*' on our home page in the green box.

Or download at the following link from our website:

<http://heartuk.org.uk/health-and-highcholesterol/healthy-lifestyle/healthy-living-resources>

BECOME A PROFESSIONAL MEMBER

We would like to take the opportunity to invite you to join our Professional Membership scheme, which is open to all health professionals. From just £3 a month or £5 for Doctors and Professors, you would get access to a number of networking and grant application opportunities, a discount on the cost of attending our annual scientific conference, updates and alerts on published guidelines and reports, specialist education to support your CPD – as well as access to specialist information and support to refer your patients to. An application form is included with every literature order sent out.

Alternatively, if you would like to become a Professional Member online, please use this link:

www.heartuk.org.uk/membership/health-care-professionals

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