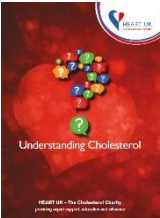
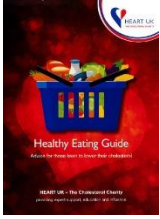










HEART UK Publications and Educational Materials

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>	FOR LIPID CLINICS ONLY Maximum 200	
<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 – 24 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>	ONE COPY Tick to request	

<p>Children’s Booklets – Infant (age 0 - 7)</p> <p>Designed and written predominantly for children aged 0-7 years with FH, explaining cholesterol and FH, medicines and healthy eating. 16 pages square A5</p>	<p>Maximum 50</p>	
<p>Children’s Booklets – Junior (age 7 - 11)</p> <p>Designed and written predominantly for children aged 7-11 years with FH, explaining cholesterol and FH, medicines and healthy eating. 16 pages A5</p>	<p>Maximum 50</p>	
<p>Children’s Booklets – Teenager (age 11 - 18)</p> <p>Designed and written predominantly for young persons aged 11 -18 years with FH, explaining cholesterol and FH, medicines and healthy eating. 16 pages A5</p>	<p>Maximum 50</p>	
<p>Children’s Keeping Healthy sheets (all ages)</p> <p>Explaining how to keep healthy with diet, exercise & food sheet. These supplement the three children’s booklets. 3 x sheets, double sided A4</p>	<p>Maximum 50</p>	

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