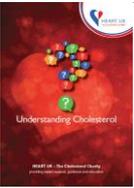
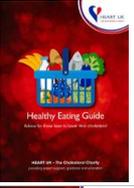


HEART UK Publications and Educational Materials

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 – 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	

<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>FOR <u>LIPID CLINICS</u> ONLY Maximum 20</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>FOR <u>LIPID CLINICS</u> ONLY Maximum 20</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>FOR <u>LIPID CLINICS</u> ONLY Maximum 20</p>	

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.

Send to: Literature Orders, HEART UK, 7 North Road, Maidenhead, Berks, SL6 1PE
 Email to: literature@heartuk.org.uk

Delivery Name: **Position**

Address:

Telephone: **Email:**

Date:

Where did you hear about HEART UK?