



Check For Change Report. A Fact Sheet

- The menopause triggers an increase in cholesterol levels which increases women's risk of heart disease.
- Women over 45 are inadequately screened and treated for raised cholesterol.
- More women die from heart disease and stroke than the next five causes of death combined.
- Women are nine times more likely to die of CVD than breast cancer.
- 76% of women do not associate the menopause with raised cholesterol levels, thus underestimating the health risk.
- Only 46% of doctors advise cholesterol checking in their most frequent advice to women aged over 45.

The solution:

- Regular cholesterol checks should become automatic at the onset of the menopause.
- Improve your diet and lifestyle. Most women would prefer to deal with menopausal symptoms through diet and lifestyle changes rather than medication or complimentary therapies.
- 80% of CVD could be prevented by positive diet and lifestyle changes.
- Regular consumption of foods enriched with plant sterols / stanols is the most effective way to lower LDL-cholesterol through diet.

What are plant sterols?

Plant sterols are clinically proven to lower bad (LDL) cholesterol levels. They occur naturally in small amounts in everyday foods such as fruits, vegetables, vegetable oils and grains. They are also present in concentrated levels in Flora pro•activ foods for cholesterol lowering. Plant sterols help to remove cholesterol from the body. Cholesterol can't dissolve in the blood and so it has to be carried in the bloodstream by special transporters. - known as bad (LDL) cholesterol and good (HDL) cholesterol.

Bad (LDL) cholesterol

Low-density lipoprotein (LDL), or bad cholesterol, takes cholesterol from the liver to the body tissues. If there is too much of this cholesterol in the blood it can build up in the walls of the blood vessels and cause them to narrow. To keep your heart healthy, you should try to keep your bad (LDL) cholesterol levels at a healthy level.

Good (HDL) cholesterol

High-density lipoprotein (HDL), or good cholesterol, takes cholesterol away from the arteries to the liver to be disposed of. This is the type of cholesterol that is good for keeping your heart healthy, you should try to maintain a high level of good (HDL) cholesterol.

Including foods enriched with plant sterols in your diet is clinically proven to lower bad (LDL) cholesterol levels when moving to a healthy diet and can help to maintain a healthy heart.