

Patients' general thoughts about cholesterol

Thoughts/feelings

Now I know my levels, but I had no clue before the event.
I think it's partly inherited.
I try to think about not to stress, but it is difficult.
I get worried of having high levels, and you don't feel if its high, its a bit sneaky.

Problem/Challenge

You cannot feel it if you're levels are high. It's worrying.
Unclear for patients how much lifestyle influences the levels vs. what is inherited.

