Overview

High cholesterol

High cholesterol is when you have too much of a fatty substance called cholesterol in your blood.

High cholesterol is mainly caused by:

- eating fatty food
- not exercising enough
- being overweight
- smoking
- drinking alcohol

It can also run in families.

You can lower your cholesterol by [eating healthily and getting more exercise](#). Some people also need to take medicine.

Too much cholesterol can block your blood vessels. It makes you more likely to have heart problems or a stroke.

High cholesterol does not cause symptoms. You can only find out if you have it from a blood test.

Content supplied by the [NHS](#) and adapted for Ireland by the HSE

HSE Live - we're here to help

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