

CARDIOVASCULAR DISEASE

Cardiovascular disease (CVD) is a general term for conditions affecting the heart or blood vessels. CVD is one of the main causes of death and disability in the UK, but it can often largely be prevented by leading a healthy lifestyle.

Main types of CVD are:

- Coronary heart disease – when the blood supply to the heart becomes restricted.
- Angina – chest pains caused by reduced blood flow to the heart muscles.
- Heart attacks – when the supply of blood to the heart is suddenly blocked.
- Stroke – when the blood supply to the brain becomes blocked.

If you have a particularly high-risk of developing CVD, the GP may recommend you taking medicines called Statins to help reduce your risk.

Statins come as a tablet and is taken once a day. Patients usually have to continue taking statins for life because if you stop taking them, your cholesterol will return to a high level in a few weeks.

If you're at risk of developing CVD and do not want to take Statins, you can try lifestyle changes that can help reduce your cholesterol level and CVD risk.

- Eating a healthy and balanced diet
- Exercising regularly
- Maintaining a [healthy weight](#)
- Limiting the amount of alcohol you drink
- Stopping smoking