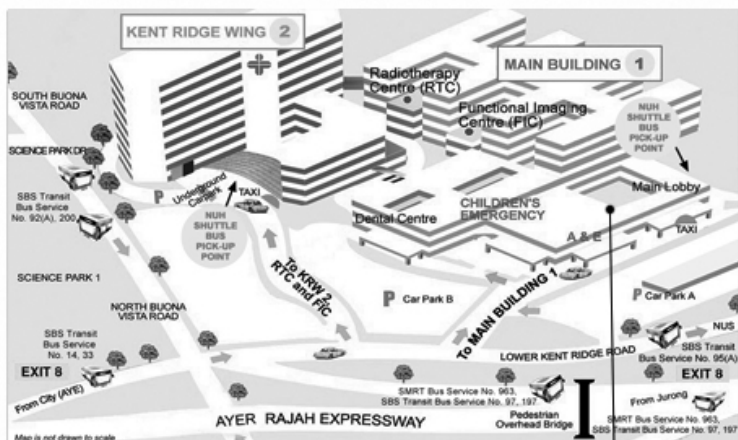


Location



Cholesterol Lowering Programme



Health Education Hub

Operating Hours
Mondays – Fridays: 8.30am – 5.30pm
Closed on Saturdays, Sundays &
Public Holidays



Contact Us

Health Education Hub
National University Hospital
Main Building, Level 1,
5 Lower Kent Ridge Road,
Singapore 119074
Tel: (65) 6772 2184
Website: www.nuh.com.sg/heh.html

Health Education Hub

A place where you
Discover More about Health Matters

Location :

National University Hospital
Main Building 1, Level 1, Main Lobby

Schedule of Programme :

Monday, 3.30pm – 5.15pm
Registration is required.
For more information and enquiries, please call
(65) 6772 2184

Cholesterol Lowering Programme

Cholesterol is a soft, waxy substance found among the fats in the blood and in all your body's cells.

Low-density lipoprotein (LDL) is a cholesterol carrier in the blood.

High levels of cholesterol and LDL in the blood are major risk factors for coronary heart disease, which lead to heart attack and stroke.

What is the Programme about?

Besides medication, a regular exercise and well-controlled diet is crucial in controlling your blood cholesterol and LDL levels.

Cholesterol Lowering Programme offers a series of workshops* that are carefully planned to help you lower these blood lipid levels.

In this programme, the Dietitian and Physiotherapist will empower you to manage your lifestyle with the aim of achieving better blood cholesterol and LDL levels.

Who is this Programme for?

If you have high cholesterol and LDL levels, this programme is for you!

* These workshops are not medical consults. Patients are advised to consult their doctors if they have any questions related to their health, medical condition or medication.

Outline of the Programme

The programme comprises **4 weekly workshops** lasting for 1 month.

Workshop 1

- Details about blood fat and its effect on health
- Long term & short term goals
- Tips on charting a 3-day food diary (interactive)
- Simple tips on cholesterol lowering diet

Workshop 2

- Assessment of 3-day food diary
- Nutritional information:
 - Eating for your Heart & Health
 - Cutting fat & cholesterol intake
- Meals planning (interactive)
- Exercise regime for cholesterol control

Workshop 3

- Assessment of diet intake
- Keeping fat in check
- Behaviour modification
- Mock-up supermarket – reading nutrition labels (interactive)
- Sustaining your exercise regime

Workshop 4

- Eating out wisely - "Hawker Tour"
- Healthy cooking recipes
- Success factors in cholesterol control and maintenance
- Self-monitoring

Register for this programme at :

Health Education Hub
National University Hospital, Main Building 1, Level 1, Main Lobby

This programme is chargeable. For more information and enquiries, please call (65) 6772 2184.

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