

# Diet and lipids information session

## Introduction

This leaflet gives you information about the dietitian led lipid group information session for people who need help to lower their blood cholesterol and triglyceride levels.

## About the session

This session offers advice and support to help you understand the relationship between your diet and blood cholesterol levels. During the session, you will learn about:

- What cholesterol is and the different types of cholesterol
- Which types of food effects our blood cholesterol levels
- How our lifestyle effects our blood cholesterol levels
- Guidance on the Ultimate Cholesterol Lowering Plan
- Guidance for people with familial hypercholesterolaemia

It is an informal session where you can ask questions at any time and have the opportunity to meet other people who are experiencing the same condition.

If you wish, a follow up appointment with the dietitian, on a one-to-one basis, can be arranged at the end of the session.

## How do I book?

The sessions are held at Gloucestershire Royal Hospital in the Redwood Education Centre, and at Cheltenham General Hospital in the Sandford Education Centre. You only need to attend one session.

Please email the Dietetic Administration Team using the email address below. Include your name and date of birth in your email, and state that you are interested in the diet and lipid sessions.

### Dietetic Administration Team

Email: [ghn-tr.dietitianoutpatientappts@nhs.net](mailto:ghn-tr.dietitianoutpatientappts@nhs.net)

Someone will respond with the dates, times and availability of future sessions. We aim to respond to emails in 3 to 4 working days.

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Department

Dietetics

Review due

April 2026

**Patient  
Information**

Please be aware that you can only access the lipid group sessions if you have been referred by your GP/consultant to the lipid clinic service in Gloucestershire.

If you need to cancel your place at the session, please contact the team as soon as possible.

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