Lipid and diet educational session

Introduction
This leaflet will give you information about the dietitian led lipid group session for people who need help to lower their cholesterol (and triglyceride) levels.

About the lipid session
You have been referred by your consultant to attend an education session with a dietitian. The group session is informal where you can ask questions at any time.

The session will give you an introduction to the basics of cholesterol, principles of a healthy diet and lifestyle followed by guidance on the Ultimate Cholesterol Lowering Plan.

Please refer to the corresponding letter on booking your appointment.

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.

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