



At HEART UK – The Cholesterol Charity – we’re passionate about preventing early deaths caused by high cholesterol, especially inherited high cholesterol (IHC). In order to support health professionals to help and inform their patients we have produced a range of publications and educational materials.

## **HEART UK Publications and Educational Materials**

### **For Your Heart’s Sake Booklet**

16 page A5 booklet with information and advice on:

- Lipids and Coronary Heart Disease
- Inherited Lipid Disorders
- Diet
- Drug Treatments
- Children’s Testing

Also includes Diet Guide as below

### **Diet Guide**

A4 folded insert incorporated into our Your Heart’s Sake Booklet and also available as a separate Information sheet. A guide breaking down different food types in to “Best Choice”, “In Moderation” and “Best Avoided” categories.

### **Helping yourself towards a healthy heart Booklet**

12 page A5 booklet offering tips and advice on healthy diet and lifestyle, reducing high blood pressure, lowering raised cholesterol, reducing the “stickiness of blood and stopping smoking.

### **Circulate – Quarterly Newsletter**

4 page newsletter introducing HEART UK – The Cholesterol Charity - and the work that we do.

### **Helpline Cards**

Helpful credit card size with details of our dedicated helpline number.

### **Cholesterol and the Ageing Population**

Glossy A4 publication detailing the key facts regarding cholesterol, the UK public policy, the human impact of raised cholesterol and the role of primary care.

### **Cholesterol and the Ageing Scottish Population**

Special edition of the above report specific to Scotland.

### **Annual Review**

A4 glossy publication detailing a year in the life of HEART UK and the crucial importance of charitable donations.

### **Carry on Cholesterol**

Educational DVD designed to support children and their families who have been diagnosed with Familial Hypercholesterolemia (FH). The film charts a young man’s discoveries as he endeavours to find out about FH and living a long and healthy life despite living with the condition.

### **Box of 100 Redlaces**

Great for encouraging your patients to exercise whether it be running, walking or gardening

If you would like to order additional supplies of any of these publications, you can do using the form overleaf.



**H·E·A·R·T UK**  
THE CHOLESTEROL CHARITY

**HEART UK – The Cholesterol Charity – Literature Order Form**

Publication	Quantity	Members Price	Non-Members Price	Quantity Req'd	Total
<b>For Your Heart's Sake Booklet (16 page)</b> Includes information on Lipids and Coronary Heart Disease, Diet, Inherited Lipid Disorders, Drug Treatments and Children's Testing	1	£1.00	£1.10		
	15	£10.00	£11.00		
	50	£28.00	£30.80		
	100	£50.00	£55.00		
<b>Diet Guide – (A4 folded insert)</b> As found in the booklet above. A4 folded guide which breaks down different food types in to "Best Choice", "In Moderation" and "Best Avoided" categories	20	£5.00	£5.50		
	50	£10.00	£11.00		
	100	£17.00	£18.70		
	500	£80.00	£88.00		
<b>Helping yourself towards a healthy heart</b> 12 page A5 booklet offering tips and advice on healthy diet and lifestyle, reducing high blood pressure, lowering raised cholesterol, reducing the "stickiness of blood and stopping smoking	1	£1.00	£1.10		
	10	£7.50	£8.25		
	20	£10.00	£11.00		
	50	£20.00	£22.00		
	100	£35.00	£38.50		
<b>Circulate – Quarterly Newsletter</b> 4 page newsletter introducing HEART UK – The Cholesterol Charity - and the work that we do		FREE please call for postage prices	FREE please call for postage prices		
<b>Helpline Cards</b> Credit card sized with details of our helpline number		FREE	FREE		
<b>Cholesterol and the Ageing Population</b> Glossy A4 publication detailing the key facts regarding cholesterol, the UK public policy and the role of primary care <b>Cholesterol and the Ageing Scottish Population</b> Special edition of the above report specific to Scotland		FREE please call for postage prices	FREE please call for postage prices		
<b>Annual Review</b> A4 glossy publication detailing a year in the life of HEART UK and the crucial importance of charitable donations		FREE	FREE		
<b>Carry on Cholesterol</b> Educational DVD designed to support children and their families who have been diagnosed with (FH)	each	£5.00	£5.50		
<b>Box of 100 Redlaces</b> Great for encouraging your patients to exercise whether it be running, walking or gardening		£100	£100		
<b>TOTAL ORDER VALUE</b>			delivery by 2 <sup>nd</sup> class post		

Please make cheques payable to **HEART UK TRADING COMPANY LTD** and send to:  
HEART UK, 7 North Road, Maidenhead, Berkshire SL6 1PE. I require a receipt YES/NO (Please delete as appropriate)

To pay by credit or debit card and for larger quantities and overseas orders please call HEART UK on 0845 450 5988

Delivery Name: _____	Membership No: (if applicable) _____
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