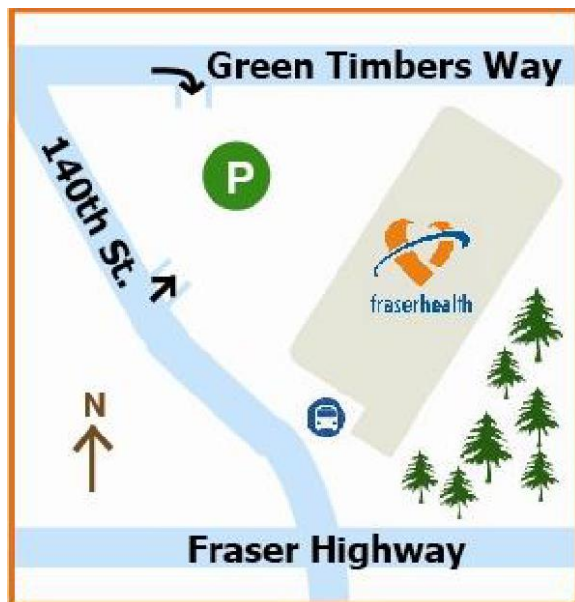


Can I park at the clinic?

Yes, pay parking is available. Enter off Green Timbers Way or 140th Street.

You can pay with cash, credit card, or debit card.

Plan to be at the clinic for about 1 hour.



Jim Pattison
Outpatient Care and Surgery Centre

Lipid Clinic
3rd floor reception 3 B
9750 140th Street, Surrey

For more information, please call us at

604-582-4550

and the extension you want, below:

764149 for appointments

764184 for nursing

www.fraserhealth.ca

This information does not replace the advice given
to you by your healthcare provider.

Catalogue #268115 (August 2023)

For more copies: patienteduc.fraserhealth.ca

Lipid Clinic

Jim Pattison
Outpatient Care and Surgery



 **fraserhealth**

What is the lipid clinic?

It is for people with high cholesterol. We do the following:

- check your chance of heart disease or stroke
- arrange any tests you need
- help you take steps to reduce your chance of heart disease or stroke

Your doctor has referred you to the clinic because your blood test shows that you have high cholesterol.

What is cholesterol?

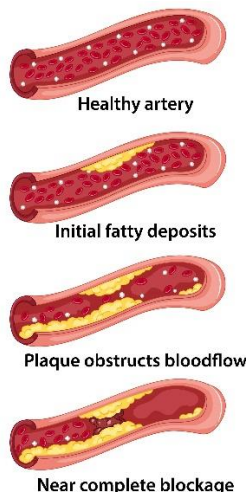
It is a fat-like substance that your liver naturally makes. Eating certain foods, and other lifestyle choices, can cause your liver to make more cholesterol.

Your body needs some cholesterol, but too much can be a problem for your health.

Why is high cholesterol a problem?

Having high cholesterol makes it more likely that you will get heart disease or have a stroke.

Cholesterol in your blood can build up as fatty deposits ('plaques') in your arteries. These fatty deposits make it harder for blood to flow. The deposit can become a clot and block blood from flowing.



Cholesterol can build up fatty deposits called plaques on the inside of an artery.

How can I lower my cholesterol?

Cholesterol can be lowered with lifestyle changes and medications if needed. We help you to make these changes.

What do I need to do before my clinic visit?

You will receive a lab requisition for blood tests. Please do these tests **2 to 3 weeks** before your clinic visit.

If you cannot get to your appointment, please let us know right away. We will reschedule your appointment as soon as possible.

What do I bring to the clinic?

Please bring the following:

- any medications you are taking, in their containers
- your BC Services Card or CareCard

Who will I see at the clinic?

Below is a list of the people you will see at your first visit, and what they will do.

• lipid specialist

- reviews your lab tests
- checks your chance of heart disease or stroke
- talks to you about options for treatment

• registered nurse

- helps you set goals to make lifestyle changes

• pharmacist

- reviews your current medications
- explains any new medications

At follow-up visits, you will only see the lipid specialist.

You might have a visit on another day with a **dietitian**. The dietitian does the following:

- talks about which foods affect your cholesterol level
- helps you plan heart-healthy meals
- shows you how to read nutrition labels