

**HEALTH** ❖ Heart Healthy



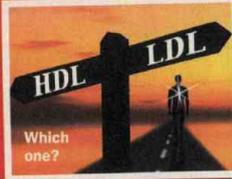
**A familiar voice on TV and radio, My Weekly GP Dr Sarah Jarvis writes for you**

## Good To Know

Bringing you the latest health news, views and products

### Cholesterol – Not All Bad

The wall of almost every cell in our bodies contains cholesterol, so we do need it to live and function – but most of us have a surplus. There are two main types of cholesterol. Most is LDL cholesterol – if levels in your bloodstream are too high, the excess is deposited in your arteries, furring them up like limescale in your water pipes at home. But HDL cholesterol actually protects you against heart disease, and it’s the ratio of good to bad cholesterol (which should be below 5) in your blood that sets your risk. Your GP should be able to advise what your ratio is.



Which one?

### Best foot forward for your heart

In one area of medical research there has never been any controversy – exercise is good for your heart. The ideal is aerobic exercise, the kind that makes you mildly out of breath. Some of the benefit comes from keeping your weight down, some from keeping your heart muscle toned. But regular exercise can also increase your good HDL cholesterol, improving your all-important ratio of good:bad cholesterol.

### Could the orange have it?

The Bergamot orange has been an Italian secret for years – very different to your average orange, its distinctively scented peel gave us our first eau de cologne and is still used in Earl Grey tea. But it’s the flesh which has

excited the Italian government enough to invest millions in research – a tablet containing Bergamot flesh extract (available in the UK as **Bergamet**) has been shown in a study to cut cholesterol, on average, by almost 30%. More research needs to be done before we know for sure if this translates into lives saved, but early signs are very positive.



NEXT TIME

Spotting the signs of bowel cancer

### Help For Eczema

Suffer from eczema? Lloydspharmacy new skin health service is offering free one-to-one in-store consultation, including a Medicine Use Review (MUR). You’ll get tips and advice and a “skin health card” to help you keep track of your skin condition. For more information, please visit [www.lloydspharmacy.com](http://www.lloydspharmacy.com).



NEWS FLASH!

As a nation, we’re more likely than our European cousins to eat our five-a-day. Let’s keep up the good work!

@ Website Of The Week

[www.nhs.uk/whoopingcoughvaccine](http://www.nhs.uk/whoopingcoughvaccine)

Do you know a young woman who’s pregnant? Discover how receiving the whooping cough vaccine in pregnancy can protect the unborn child.

WORDS: KAREN BYROM; PICTURES: ALAMY; JUMPFOTO; SHUTTERSTOCK; THINKSTOCK; DR SARAH JARVIS IS AVAILABLE TO OFFER INDIVIDUAL ADVICE OR SEE INDIVIDUAL PATIENTS. ALL HEALTH CONTENT IN MY WEEKLY IS PROVIDED FOR GENERAL INFORMATION ONLY. PLEASE SEEK HELP FROM YOUR OWN GP IF YOU HAVE A MEDICAL PROBLEM.

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