

New Get Back in the Game documentary with Mark Ramprakash on cholesterol

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Renowned ex-England cricketer and former Strictly Come Dancing champion, Mark Ramprakash, launches new documentary with Novartis UK and HEART UK in the latest phase of their Get Back in the Game Campaign, to raise awareness of the importance of understanding and managing cholesterol, particularly for those who have had a cardiovascular event, such as a heart attack or stroke.

The documentary shows Ramprakash exploring the journeys of two players from the Middlesex Seniors Cricket Team, Sharath and Chetan, both of whom have experienced heart attacks, and their road to recovery.

Close to half of people in the UK are living with total cholesterol levels above national guidelines, increasing their risk of cardiovascular disease^{1,2}. Those who have had a cardiovascular event, such as a heart attack or stroke, are at increased risk of having a further one, with nearly half suffering another on average 114 days later³.

Ramprakash also speaks with cardiovascular nurse, Michaela Nuttall, to find out more about cholesterol and heart health from a healthcare professional's perspective, and to get advice on how best to manage cholesterol.

The documentary also shines a light on the impact of cardiovascular disease (CVD) in the South Asian community, in which health outcomes are significantly poorer, as around 50% are more likely to die prematurely from coronary heart disease relative to the general population⁴.

Getting back into the game of life after a cardiovascular event, like a heart attack or stroke, can be daunting. However, with the right measures in place, you can manage your cholesterol levels and cardiovascular health.

Find out more about the Get Back in the Game campaign here: <https://www.heartuk.org.uk/Getbackinthegame/>

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1. British Heart Foundation. UK Factsheet. Available at: <https://www.bhf.org.uk/-/media/files/for-professionals/research/heart-statistics/bhf-cvd-statistics-uk-factsheet.pdf> [Last accessed: July 2023]
2. British Heart Foundation. High Cholesterol – Causes, Symptoms & Treatments. Available at: <https://www.bhf.org.uk/information-support/risk-factors/high-cholesterol> [Last accessed: July 2023]
3. Novartis Data on File. FUSE MLR ID 176447 (UK_DoF_CV001)
4. HEART UK. South Asian diets and cholesterol. Available at: <https://www.heartuk.org.uk/healthy-diets/south-asian-diets-and-cholesterol#:~:text=South%20Asian%20people%20are%20also,prevent%20or%20manage%20these%20conditions> [Last accessed: July 2023]

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