

South Asian Heart Disease Risk Reduction Project



South Asians are one of the three high-risk groups for cardiovascular disease (CVD). This study aims to understand whether South Asians with medically untreated high blood cholesterol have the knowledge to make lifestyle changes and if they have received culturally appropriate professional advice to enable this.

We are recruiting participants to participate in an online survey (10-15 minutes) and a telephone interview (20-30 minutes).

Participants will receive \$20 grocery voucher at the end of the study.

You may be eligible if you:

- are South Asian, i.e., from India, Fiji, Pakistan, Sri Lanka, Bangladesh, Nepal, or Afghanistan,
- have high blood cholesterol but you are not taking any medications for this,
- speak English fluently,
- you have not had a previous cardiac event such as heart attack or angina and you do not have any terminal illness.

To register for the study contact:

Sherly on 0212792596 or email sherly.parackal@otago.ac.nz