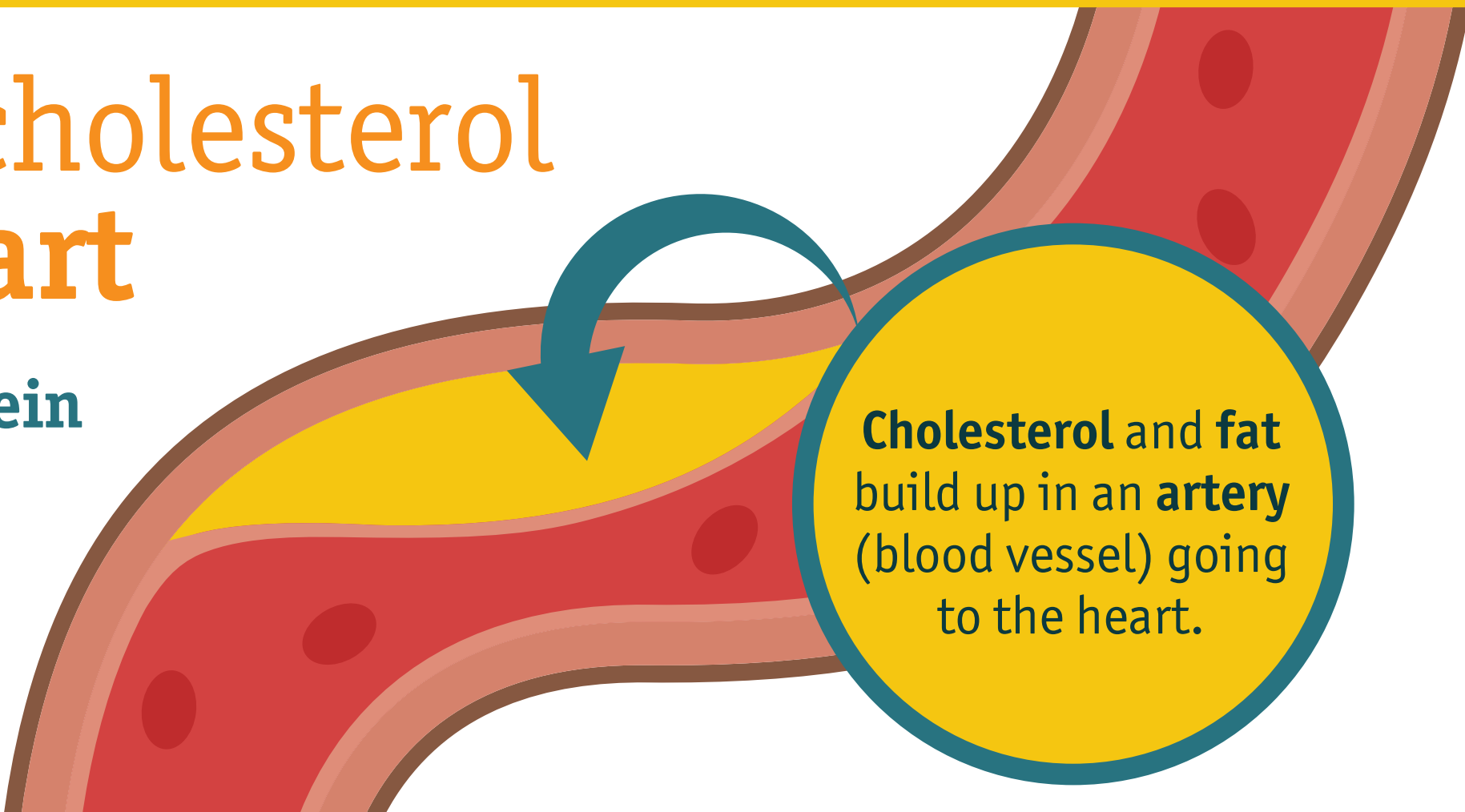
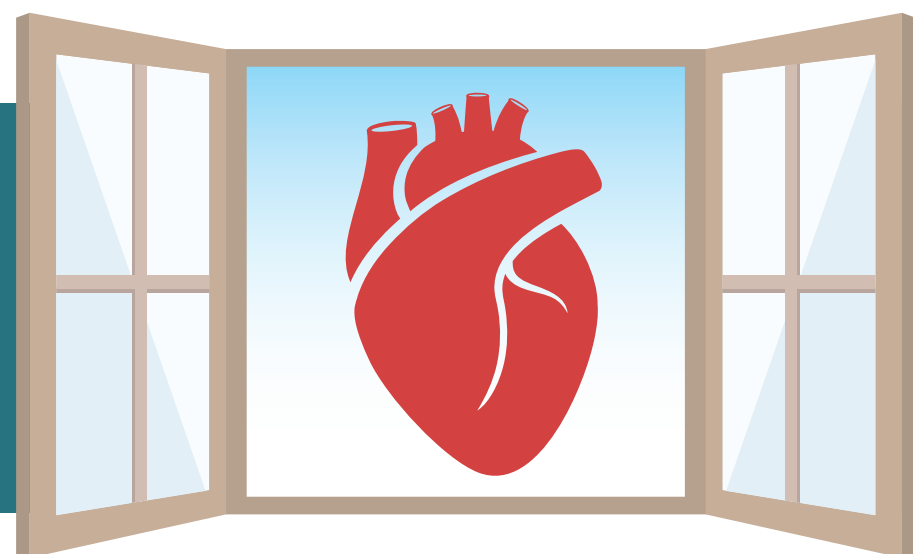


## Lower your "bad" cholesterol to protect your heart

Lowering your low-density lipoprotein (LDL) – the "bad" cholesterol – can lower your risk of heart attack, stroke and even death.



Cholesterol and fat build up in an artery (blood vessel) going to the heart.



Your LDL cholesterol level is a window into your heart health.

High LDL cholesterol often has no symptoms, so knowing your number is important.

### STEPS TO LOWER YOUR LDL CHOLESTEROL AND HEART RISK

Live a healthy lifestyle.



Talk about your risk, or chance, of a heart attack or stroke with your care team. Risk can change over time.



Take your medications.

Your care team may prescribe statins and/or other medications.



Check in with your care team.

Recheck LDL 4-12 weeks after changing medications.



Talk with your care team about other conditions that make heart disease more likely:



HIGH LDL CHOLESTEROL IS ONE PIECE OF THE PUZZLE

- ▶ Diabetes
- ▶ High blood pressure
- ▶ Tobacco use
- ▶ Kidney disease
- ▶ Sleep apnea
- ▶ Family history
- ▶ Other conditions such as lupus or rheumatoid arthritis
- ▶ Eating poorly or not exercising
- ▶ Overweight/obesity
- ▶ Preeclampsia, high blood pressure or diabetes during pregnancy

visit [CardioSmart.org/HighCholesterol](https://www.cardiosmart.org/HighCholesterol) to learn more.

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