

LDL Cholesterol and Your Heart

Lowering your low-density lipoprotein (LDL) cholesterol, one type of fat in your blood, can:



Protect your heart.

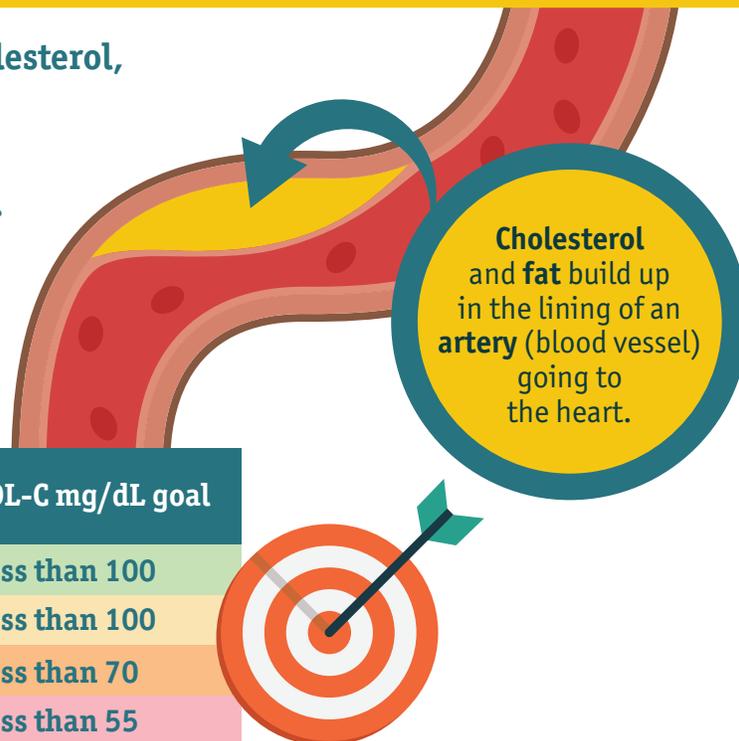


Lower your risk of heart attack, stroke, even death.

LDL cholesterol goals based on your risk

In general, earlier and lower is better. Other factors play a role too.

Chance of a heart attack or stroke within 10 years based on a risk calculation and other factors	LDL-C mg/dL goal
Borderline risk	Less than 100
Intermediate risk	Less than 100
High risk	Less than 70
Existing heart disease and high risk	Less than 55



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



Talk with your care team about other conditions that make heart disease, a heart attack or stroke more likely:

- ▶ **Excess weight**
- ▶ **Diabetes**
- ▶ **High blood pressure**
- ▶ **Chronic kidney disease**
- ▶ **Other conditions**
 - High lipoprotein(a)
 - Inflammatory conditions like lupus, rheumatoid arthritis
 - Preeclampsia or diabetes during pregnancy, early menopause
- ▶ **Family history**
- ▶ **Lifestyle choices**
 - Not being active, unhealthy diet, alcohol, smoking

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 lipid-lowering medications.



Check in with your care team.

Recheck LDL 4-12 weeks after changing medications.



For more information, visit [CardioSmart.org/Cholesterol](https://www.CardioSmart.org/Cholesterol)

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