

# LDL Cholesterol and Your Heart

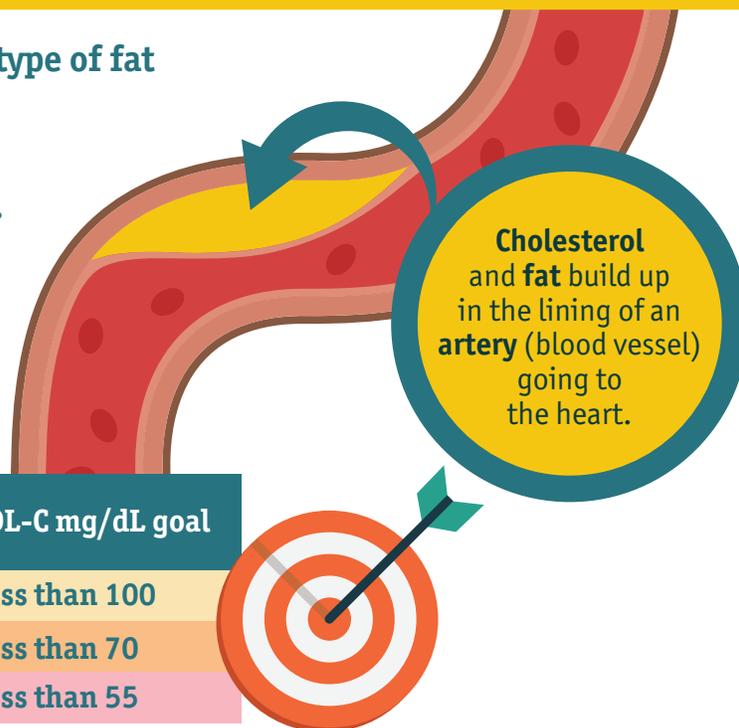
Low-density lipoprotein (LDL) cholesterol is one type of fat in your blood. Lowering it can:

-  **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. How low depends on other factors 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 or intermediate risk	Less than 100
High risk	Less than 70
Existing heart disease and high risk	Less than 55



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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