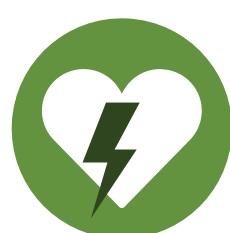


TO HELP GUIDE DECISIONS



Find out how likely you are to have **A HEART ATTACK OR STROKE**

▶ Talk about what increases your risk including your:

- Age
- Race
- Sex
- Family history
- Smoking
- High cholesterol
- High blood pressure
- Chronic kidney disease
- Metabolic syndrome
- Diabetes

▶ Ask if any tests can help

SHARED DECISION-MAKING

ONGOING DISCUSSIONS WITH YOUR CLINICIAN are important in deciding how to treat high cholesterol.

LOWER CHOLESTEROL WITH



LIFESTYLE CHANGES



MEDICATION, IF NEEDED



Know your goals and **WHAT MATTERS MOST TO YOU**

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

▶ Go to **CardioSmart.org/Cholesterol** to learn more.