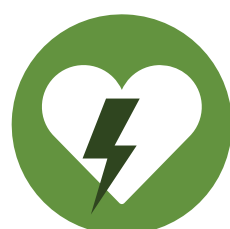


## TO HELP GUIDE DECISIONS



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](https://www.cardiosmart.org/Cholesterol)** to learn more.