



Too much LDL "bad" cholesterol can raise your risk for heart disease and stroke. Knowing your LDL level is particularly important after having a heart attack or stroke.



WHAT CAN I DO TO REDUCE MY RISK?

Working closely with your doctor can help you make a treatment plan that fits your needs.

TAKING YOUR MEDICATIONS

- Take your medications as instructed.
- Do not stop taking them without talking to your doctor.
- Tell your doctor about any side effects you may be having. There are other options you can try.
- Tell your doctor if you take any supplements. Some may interact with your medications and are not recommended.
- Use simple reminders, such as a daily alarm or pill organizer, to help you remember to take your medications.



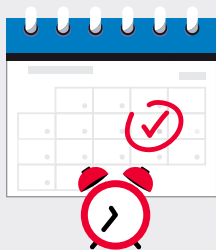
MANAGING YOUR HEALTH FACTORS

- Develop healthy habits such as eating heart-healthy foods, being active, keeping a healthy weight, avoiding tobacco and getting 7–9 hours of restful sleep.
- Know your numbers, including cholesterol, blood pressure, blood sugar and body mass index.
- For women, share your pregnancy and reproductive history with your health care team. Some conditions can affect heart disease and stroke risk, even years later.
- Be aware that other health conditions — such as Type 2 diabetes, cardiovascular-kidney-metabolic syndrome, HIV or cancer — can raise your risk when combined with high cholesterol.



STAYING CONNECTED WITH YOUR CARE TEAM

- Attend your follow-up appointments. This helps your care team keep track of your health and recovery.
- Bring a list of questions, concerns and medications or supplements you're taking.
- Participate in cardiac rehab or physical therapy if recommended. These programs can support your strength and heart health and lower your risk of another event.
- Bring a trusted friend or family member if you can. They can help support you and remember important information.



GETTING SUPPORT

- Connecting with others who have been through a heart attack or stroke can help you feel less alone and more supported in your recovery. You can join the American Heart Association's free online Support Network at SupportNetwork.heart.org.



To find helpful resources about how to manage cholesterol, visit heart.org/LDL.

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