THE CRITICAL ROLE OF NURSES
Helping patients take control of their LDL-C to lower the risk of MI and stroke.
Many patients may suffer a myocardial infarction (MI) or stroke because of high, low-density lipoprotein cholesterol (LDL-C).\textsuperscript{1,5}

A subsequent MI or stroke is a real risk.\textsuperscript{2}
To help patients reduce their risk—you have an important role: to educate MI and stroke patients about lowering their LDL-C.

Your patients trust you. You spend a lot of time with patients and know who is at high risk of a MI or stroke. By educating your patients on the danger of high LDL-C, you play an important role in helping to relieve worry.

Empower your patients
Provide information to your patients on how to manage uncontrolled LDL-C. Know that you are empowering your patients to achieve better health.
Reducing LDL-C is particularly critical in patients who have had multiple events or a recent cardiovascular event.²

Globally over 30 million people suffer from a MI or stroke every year.³

1 in 20 patients who have a MI may die³

Nearly 1 in 3 will have a subsequent cardiovascular event.²
Encourage your patients to:

**Make important lifestyle changes**
such as eating a healthy diet, quitting smoking and exercising more.

**Stay on therapy**
and remember to take the medication prescribed by the doctor to reduce the risk of another MI or stroke.

Encourage patients to recognise and reduce their personal risk. **High LDL-C is one of the most important and impactful modifiable risk factors.**

If you sense your patient is concerned, it could be the perfect time to start a conversation about their cholesterol management and ensure they are aware of all their options.
RISK FACTORS INCLUDE:

- Psychosocial factors
- Smoking
- Inadequate fruit/vegetable intake
- Obesity
- Consumption of alcohol
- Lack of exercise
- Hypertension
- High LDL-C
- Low HDL
- Smoking
- Psychosocial factors
HELPING YOUR PATIENTS SIDE-BY-SIDE WITH THE DOCTOR

Your patients are relying on you — to help address their risk factors and chance of having a MI or stroke.

If a patient’s LDL-C is still too high after a MI or stroke, flag the test results to the doctor and work together to ensure your patients are on optimal treatment.

CONSIDER INNOVATIVE THERAPIES FOR REDUCING LDL-C

For some high-risk patients, statins and other traditional lipid-lowering therapies are not enough to lower high LDL-C.⁶

Innovative therapies are an option for high-risk patients with uncontrolled LDL-C.⁶,⁷
YOU MAKE A DIFFERENCE IN REDUCING RISK, HELPING RELIEVE WORRY AND AVOIDING AN EMERGENCY

Make a difference today:

Support your patients
in reducing modifiable risk factors, including high LDL-C, for MI or stroke.\(^4\)

Identify patients
for whom statins and other traditional lipid-lowering therapies are not enough to lower their high LDL-C.

Provide advice and resources
to your patient to help them reduce their risk of a future MI or stroke.

Partner with your patient
and his or her health care team to ensure the best health outcome.
Referencias:


