ARE YOU AT RISK OF A HEART ATTACK OR STROKE?

Understand How Controlling Your Cholesterol Reduces Your Risk
CONSIDER YOUR HEART HEALTH: REDUCE YOUR CHOLESTEROL

Uncontrolled or continuous high cholesterol is a serious risk factor for cardiovascular disease and could lead to a heart attack or stroke.¹ You can’t see or feel cholesterol, but it’s there and could lead to an emergency.

What is cholesterol?

Cholesterol is a fatty substance in the blood. You need some cholesterol to be healthy, as it helps your body to generate new cell walls, hormones and bile acids.² However, too much can build up within your arteries, making them too narrow.³ This can lead to a cardiovascular health emergency.

It includes good and bad cholesterol, apart from other components:

- **High-density lipoprotein (HDL), the ‘good’ cholesterol⁵**
- **Low-density lipoprotein (LDL), the ‘bad’ cholesterol⁶**
Every year, more than **30 million** people suffer from a **heart attack** or **stroke**.

**NEARLY 1 in 3** will have a subsequent cardiovascular event.
Do all you can to lower cholesterol following a heart attack or stroke. Certain lifestyle changes can help, such as eating a healthy diet, quitting smoking and exercising more.

Immediately following your heart attack or stroke is the best time to take action. Reduce your concern by addressing the risk as soon as possible.

Ask your doctor what steps you can take to address your high cholesterol and risk of having another heart attack or stroke.
RISK FACTORS INCLUDE:  

- Psychosocial factors
- Smoking
- Inadequate fruit/vegetable intake
- Obesity
- Consumption of alcohol
- Smoking
- Psychosocial factors
- Diabetes
- Hypertension
- High LDL-C
- Low HDL
- Inadequate fruit/vegetable intake
If you already suffer from high cholesterol it is likely that your doctor has prescribed a statin or other traditional lipid-lowering medication. However, this isn’t always enough to lower “bad” cholesterol for some people.

**Even if you are taking a therapy such as a statin, the risk of a heart attack or stroke may still persist.**

Talk to your doctor about innovative cholesterol treatment options that lower your cholesterol and your risk of an event.
YOU ARE NOT ALONE

It’s natural to worry after a heart attack or stroke. But you are not alone in this.

Enlist the support of your family, friends, local patient group and care team. They are there to help you.

IT’S TIME TO TAKE CONTROL

Take the right steps to put your health first. Don’t wait. Schedule an appointment with your doctor to discuss your cholesterol. If your numbers are too high despite being on a cholesterol-lowering therapy, talk to your doctor about innovative treatments that can help reduce your risk of another heart attack or stroke.¹⁰

Be in control of your health, fully engage in life and reduce the hidden risk of heart attack or stroke.

LOWER “BAD” CHOLESTEROL = LOWER RISK OF HEART ATTACK OR STROKE²
Referencias