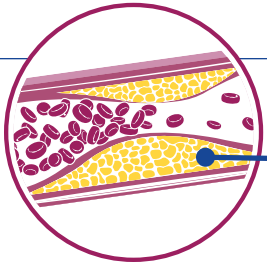


Your LDL Cholesterol Action Plan

Steps to lower your CVD risk by lowering LDL-C



Artery blocked by LDL-C buildup (plaque)

UNDERSTAND the risk of LDL-C

Cholesterol is a fat-like substance in your blood. **LDL-C** (low-density lipoprotein cholesterol) can build up in blood vessels (arteries) and **block blood flow**, like a clogged pipe. This can **lead to heart disease or stroke, called CVD** (cardiovascular disease), **the number one cause of death in the US.**

Luckily, you can significantly help protect yourself from CVD by lowering your LDL-C as low, as early, and for as long as possible.

KNOW your LDL-C number

High LDL-C often has no signs, so you may not feel any symptoms. That is why testing to understand your number is key.

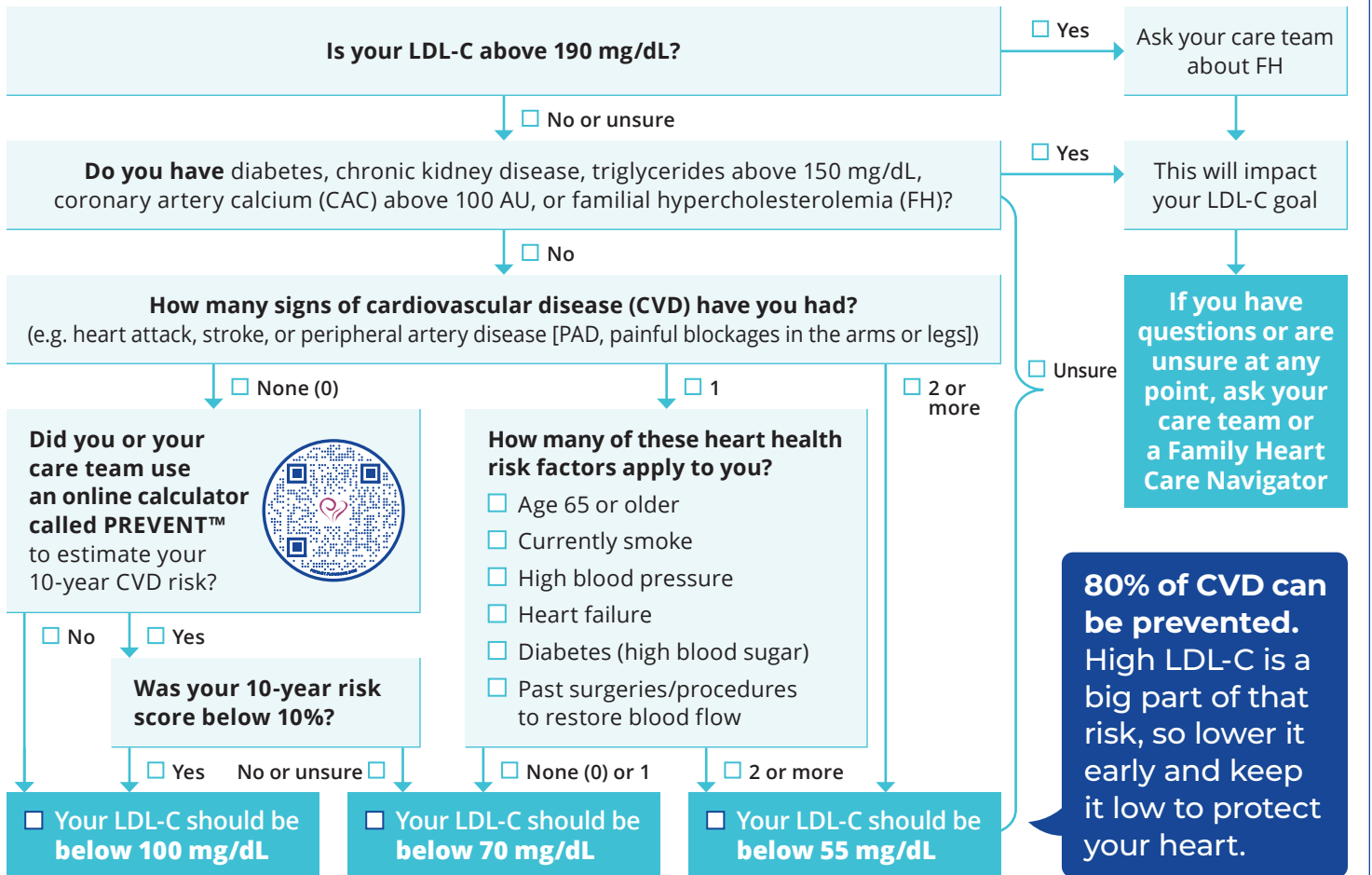
LDL-C is not the only number that can predict your risk of heart attack and stroke. Be sure to ask your care team about Lp(a).

Get a free at-home screening kit at familyheart.org/cholesterol-connect or ask your care team for a lipid panel.

FIND your LDL Safe Zone®

The LDL Safe Zone shows the level your LDL-C should be below to lower your risk of CVD. Follow this chart to find your LDL-C goal.

Remember, with LDL-C, lowest is best, no matter your starting level.



My current LDL-C: _____ mg/dL

My LDL-C goal: below _____ mg/dL

LOWER your LDL-C and discuss your options

Managing LDL-C is just one step to a healthier heart. If you have **other heart health risk factors** (see previous page), it is **extra important to manage your LDL-C and other risk factors**.

Making lifestyle changes is key, but to reach your LDL Safe Zone you may **also need medication**. Many people need more than one.

Research shows that keeping **LDL-C lower for longer** is one of the **most effective** ways to reduce CVD risk.

Discuss your options with your care team so that you can find what works best for you.

Treatment options	Lowers LDL-C
<input type="checkbox"/> Diet and exercise	↓ 10%-15%
<input type="checkbox"/> Statin (e.g. Lipitor, Crestor)	↓ 35%-55%
<input type="checkbox"/> Ezetimibe (e.g. Zetia)	↓ 18%-25%
<input type="checkbox"/> PCSK9 inhibitors (e.g. Repatha, Praluent)	↓ 50%-60%
<input type="checkbox"/> Inclisiran (Leqvio)	↓ 50%
<input type="checkbox"/> Bempedoic acid (Nexletol)	↓ 18%-21%
<input type="checkbox"/> Bempedoic acid + ezetimibe (Nexlizet)	↓ 36%
<input type="checkbox"/> Bile acid sequestrants (BASs) (e.g. Prevalite, Colestid, Welchol)	↓ 18%-25%

Lifestyle changes that can help lower your risk	Interested in help?
Physical activity	<input type="checkbox"/>
Weight loss	<input type="checkbox"/>
A heart healthy diet	<input type="checkbox"/>
Not using nicotine (eg, smoke, vape, chew)	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>

Be sure to **ask these medication questions**:

- How much will it lower my LDL-C?
- What are possible side effects?
- How is it taken or given?
- How often is it taken or given?
- What will the cost be?



If you need help with accessing and paying for treatment, download the Navigating Insurance Guide.

Your cholesterol medications

Name	Dosage (how much)	Frequency (how often)

Your LDL-C tracker

My LDL-C should be checked every: _____ Next appointment date: _____

Date	LDL-C level				



For more information or help, visit

LDLSafeZone.org



familyheart.org/care-navigation-center

