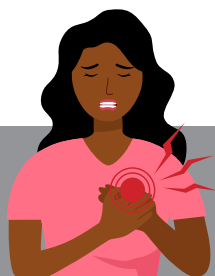


According to a 2023 survey from the American Heart Association with The Harris Poll

75% of heart attack and stroke survivors reported having high cholesterol.

HOWEVER, LESS THAN HALF (49%) OF THEM PRIORITIZE LOWERING IT.



High LDL typically does not have symptoms, so it's important to have your number checked by your doctor.



Too much LDL "bad" cholesterol can increase your risk for heart disease.

Knowing your LDL number is particularly important after having a heart attack or stroke.

AS MANY AS 1 IN 4 HEART ATTACK SURVIVORS WILL HAVE A REPEAT HEART ATTACK OR STROKE.

WHAT CAN I DO TO REDUCE MY RISK?

Working closely with your doctor can help you make informed health decisions. **Talk to your doctor about creating a treatment plan that could include:**

TAKE YOUR MEDICATIONS

Take medications as prescribed.

- Forgetting a dose or not getting a refill can cause serious health problems.
- Set a daily alarm or use a pill organizer to help you remember to take your medications regularly.



MANAGE RISK FACTORS

It's important to manage risk factors like high LDL cholesterol, high blood pressure, and diabetes by regularly checking your numbers.

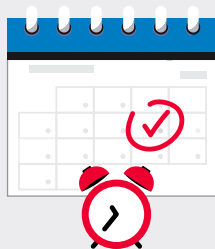
- Additionally, adopting healthy habits such as eating a balanced diet, being physically active, maintaining a healthy weight, stopping tobacco use, limiting alcohol consumption, and getting enough sleep can help reduce your risk of another event.



ATTEND FOLLOW-UP APPOINTMENTS

This helps your doctor keep track of your health and recovery.

- Prepare a list of questions and concerns along with a list of all medications and supplements you're taking.
- Bringing a trusted friend or family member may help as well.



GET SUPPORT

Getting support from loved ones or people who have gone through the same thing can help you cope.

- Connect with other heart attack or stroke survivors and caregivers through the American Heart Association's free online **Support Network**.



If you've experienced a recent cardiac event like a heart attack or stroke, participating in a cardiac or stroke rehabilitation program can help speed up your recovery. **Ask your doctor if a rehabilitation program is right for you.**



Talk to your doctor about how to reduce your risk for another heart attack or stroke. Learn more at heart.org/LDL.

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