

Heart Disease & Cholesterol

Lower your LDL cholesterol to help protect yourself from heart attack and stroke.



Understanding LDL Cholesterol

Living with high LDL cholesterol over time causes plaque to deposit in the arteries, leading to inflammation and blockages. As a result, high LDL cholesterol can lead to heart attack, bypass surgery, stents, peripheral artery disease, stroke, and premature death.

Making the most of your medical appointment



Be prepared. It's important to get your cholesterol tested before your medical appointment. Then you can discuss your results, risks, and treatment plan with your healthcare team during your appointment. This will also give you time to think of questions before your visit.

What you can do



Keep your LDL cholesterol in the safe zone

Medical guidelines recommend:

- People without heart disease keep their LDL less than 100 mg/dL.
- People who have already experienced a heart attack or stroke keep their LDL less than 70 mg/dL.
- People at very high risk, like those with heart disease and Familial Hypercholesterolemia (FH), keep their LDL less than 55 mg/dL.

LDL Cholesterol Levels



Manage with medication

When diet and exercise aren't enough, there are effective treatments to lower your LDL cholesterol, and many people need more than one. Keeping your LDL lower for longer is key for protecting yourself from heart disease and stroke.

Manage all risk factors to lower your overall risk



Heart-Healthy Diet



Regular Exercise



Healthy Weight



No Smoking



Blood Pressure



Blood Sugar

Learn more at www.FamilyHeart.org



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