



KNOW YOUR NUMBERS TREAT YOUR RISK



Cholesterol & Your Health

What is cholesterol?

Cholesterol is a fat your body produces naturally. It is essential to many bodily functions.

HDL, or “good”, cholesterol helps your liver clear other forms of cholesterol from the body. But high levels of LDL, or “bad”, cholesterol can build up in the arteries, restricting blood flow and increasing your risk of a heart attack or stroke.



What do you need to know?

It's important to monitor your cholesterol as a part of your secondary prevention care plan to reduce your risk of having another heart attack or stroke.

Diet, genetics and age can impact your cholesterol levels.

You'll also need to keep an eye on triglycerides, another type of fat found in the bloodstream. When combined with high LDL cholesterol levels, triglycerides can significantly increase your cardiovascular risk.

Why is it important to manage LDL cholesterol?

If bad cholesterol and triglycerides accumulate in your blood vessels, they can create blockages that increase your risk for:



Heart attack



Stroke



Peripheral artery disease



**Protect your heart and
reduce your risk by keeping
LDL cholesterol
and triglyceride levels low.**