



KNOW YOUR NUMBERS TREAT YOUR RISK



Treatment Options What you need to know

Treating high cholesterol means lowering LDL (bad) cholesterol in conjunction with triglyceride levels to reduce the chances of a subsequent heart attack or stroke.

That's why it's essential to *Know Your Numbers* and *Treat Your Risk*.

Routine blood testing helps you to manage your cholesterol.



International guidelines recommend an LDL no higher than 1.4 millimoles per litre of blood (1.4mmol/L) and triglycerides no higher than 1.7mmol/L.¹

Several treatments are now available to help control your LDL cholesterol and triglyceride levels:



Statins

Medications that remove LDL cholesterol from the blood and stop the body from producing more



Ezetimibe

A medication that limits cholesterol absorption so less cholesterol enters your blood



PCSK9 Inhibitors

Medications that enhance your body's ability to break down LDL cholesterol



Icosapent Ethyl or Omega-3 Fatty Acid
These treatments work to lower triglyceride levels.

You may need to take two or three medications to lower your LDL cholesterol.

Healthier lifestyle practices can also help.



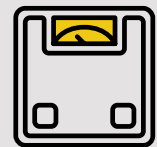
Exercise regularly



Avoid foods high in saturated fats



Don't smoke



Maintain a healthy weight

Always take your medication as prescribed and talk to your GP about managing your cholesterol.



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¹Mach F, Baigent C, Catapano AL et al. 2019 ESC/EAS Guidelines for the management of dyslipidaemias: lipid modification to reduce cardiovascular risk: The Task Force for the management of dyslipidaemias of the European Society of Cardiology (ESC) and European Atherosclerosis Society (EAS). Eur Heart J. 2020;41(1):111-188. doi:10.1093/eurheartj/ehz455