LOWER YOUR LDL CHOLESTEROL AND DECREASE YOUR RISK OF HEART ATTACK AND STROKE WITH STATINS AND A HEALTHY LIFESTYLE

Statins are an essential part of reducing your LDL cholesterol.

EXPECTED LDL CHOLESTEROL REDUCTION

- **LIFESTYLE**
  - 2-12%

- **MODERATE INTENSITY STATIN**
  - 30-49%

- **HIGH INTENSITY STATIN**
  - 50% OR MORE

A healthy lifestyle is essential but not enough if you have heart disease, diabetes, or extremely high LDL cholesterol.

- **LDL goal for most people with diabetes**
  - 30-49%

- **LDL goal for people with heart disease or extremely high LDL**
  - 50% OR MORE

MY CURRENT LDL [ ]  MY LDL GOAL* [ ]

*Your doctor will help you determine your personal LDL cholesterol goal.