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.

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

LIFESTYLE
2-12%
Expected LDL cholesterol reduction

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

MODERATE INTENSITY STATIN
30-49%
Expected LDL cholesterol reduction

LDL goal for most people with diabetes*

HIGH INTENSITY STATIN
50% OR MORE
Expected LDL cholesterol reduction

LDL goal for people with heart disease or extremely high LDL*

MY CURRENT LDL [ ] MY LDL GOAL* [ ]

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