

High cholesterol. Are you at risk?

If you have any of these risk factors, **talk to your doctor** and **get your cholesterol checked**.

If you have already had a heart attack or stroke, talk to your doctor about **what you can do** to help reduce your risk of another in the future.

I'm **over 40** years of age

I have heart disease, diabetes, high blood pressure or chronic kidney disease

I have a **family history** of high cholesterol, heart disease or stroke

I have experienced **chest pain** (angina)

I am **overweight**

I currently **smoke** cigarettes or have in the past year

Someone in my immediate family had a heart attack or stroke at a **young age**

Get the facts about cholesterol.

Talk to your doctor, get checked and take charge.

LEARN MORE
Visit cholesterol911.ca



Cholesterol 911

This booklet is brought to you by one of Canada's research-based pharmaceutical companies.

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HIGH CHOLESTEROL

A HEART ATTACK OR STROKE WAITING TO HAPPEN?

Get the facts,
understand your risk

Cholesterol 911

CHOLESTEROL: THE GOOD, THE BAD, THE RISK

THE GOOD, THE BAD

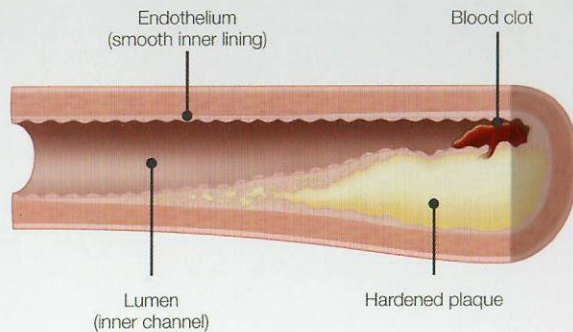
CHOLESTEROL IS A FAT FOUND IN THE BLOOD.

There are two types of cholesterol: **“Good” (HDL-C)** and **“Bad” (LDL-C)**.

“GOOD” (HDL-C) cholesterol helps remove excess cholesterol from the body.

HIGH “BAD” (LDL-C) cholesterol can cause a buildup of **plaque** in your arteries – called **atherosclerosis** – that can block blood flow. Blockage to your heart can cause a heart attack. A piece of plaque can break away and travel to blood vessels in your brain, causing a stroke.

Plaque buildup in artery



As plaque builds up, arteries gradually become hardened and narrow

Everyone has an LDL-C number

A simple blood test is all it takes.

Your LDL-C number is part of a calculation that provides **information about your risk** of cardiovascular disease: the total cholesterol (LDL-C + HDL-C)/HDL-C ratio.

A **lower number** is linked to **lower risk** of cardiovascular disease.

The risk: Cardiovascular disease

High cholesterol is a **risk factor** for cardiovascular disease.

It's a direct link: as LDL-C rises, so does your risk of coronary heart disease



High cholesterol has no symptoms. Many people don't discover that they have high cholesterol until they have a heart attack or stroke.

Lower your LDL-C to help lower risk of atherosclerosis



By **reducing your LDL-C**, you may be able to **help slow, prevent or even reverse plaque buildup** in your arteries. Controlling your cholesterol can **lower your risk** of atherosclerosis – and in turn **lower your risk** of a heart attack or stroke

**STILL STRUGGLING TO CONTROL YOUR CHOLESTEROL
DESPITE YOUR BEST EFFORTS?**

**DO YOU HAVE A FAMILY MEMBER WITH A HISTORY
OF HIGH LEVELS OF TOTAL AND LDL CHOLESTEROL
AND/OR PREMATURE HEART DISEASE?**

Maybe it's familial hypercholesterolemia (FH)

FH is an inherited condition that causes very high levels of LDL-C in the bloodstream, leading to atherosclerosis. This process can cause cardiovascular disease to develop **very early in life – even in childhood.**

FH can have no symptoms – the first hint that FH is present could be a heart attack.

People with untreated FH have up to a

20x **GREATER RISK**
of coronary heart disease.



Early diagnosis can help you get started on a plan for managing your cholesterol.

Canadian FH Registry

This anonymous registry has been formed to help detect FH and improve patient care to reduce cardiovascular disease in this high-risk population.

Find out more at www.fhcanada.net



**If you suspect FH in
yourself or a loved one,
see your doctor.**

Take action to lower your risk

You can **reduce your risk** of a heart attack or stroke – or **help prevent another one** from happening.

Some risk factors can't be changed, such as a family history of heart disease or age.

The good news is that some of the most significant ways you can lower your risk are through a commitment to healthy lifestyle changes:



**Healthy
diet**



**Regular
physical activity**



**If you smoke,
consider quitting**

Your doctor will decide if you also need medication to help reduce your risk.

Have you already experienced a cardiovascular event?

The risk for a future cardiovascular event is higher after the first event. A healthy lifestyle and following your doctor's recommendations for ongoing care will help reduce the risk for further events.