

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.

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.



NATIONAL ASSOCIATION OF
Community Health Centers®