

# 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%**

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

MODERATE  
INTENSITY  
STATIN

**30-49%**

HIGH  
INTENSITY  
STATIN

**50%  
OR MORE**

LDL goal for most  
people with diabetes\*

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