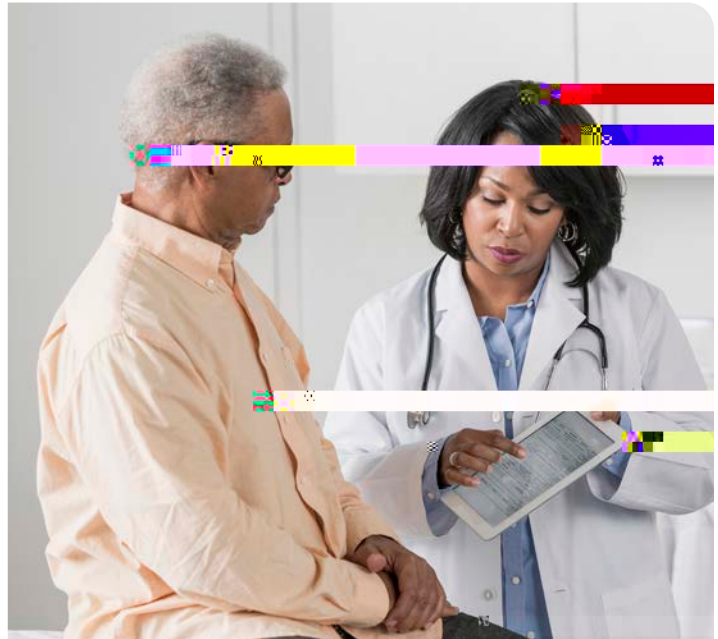


How Do My



You should look beyond cholesterol levels alone. The best approach considers overall risk assessment and reduction.

It's important to know your numbers and work with your health care professional to treat your risk. They will assess your risk factors to choose the best treatment options.

- If you're between 40 and 75, ask your health care professional to assess your 10-year risk.
- If you're between 20 and 39, the priority would be to get an estimate of lifetime risk. If your risk is high, lifestyle and statin medication may help manage it.

If your risk remains uncertain, or if treatment options are unclear, you may need a coronary artery calcium (CAC) test. This provides greater insight into your risk and helps in decision-making.

Your health care professional will do a blood test to measure your cholesterol levels. This test is called a lipid panel. It measures total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides. Your health care professional will use these numbers to calculate your 10-year risk of having a heart attack or stroke. If you're 20 or older, you should have your traditional risk factors (including cholesterol) checked every four to six years. If certain factors put you at risk, or if you already have heart disease, your health care professional may ask you to check it more often.

High cholesterol can increase your risk of heart disease and stroke.



American
Heart
Association.

HOW CAN I LEARN

Call **AHA U.S. 800-242-8729** or visit **heart.org** to learn more about heart disease and stroke.

Sign up for our monthly *Heart In* e-news for heart patients and their families at **Heart In igh.org**.

Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org Support Network**.

Take a few minutes to write down questions for the next time you see your health care professional.

For example:

How can I reduce my cholesterol?

How often should I have my cholesterol checked?

We have many resources to help you make healthier choices to reduce your risk of heart disease, stroke, and other health problems. Visit **heart.org** for more information.