



American Heart Association®
Reduce Your Risk™

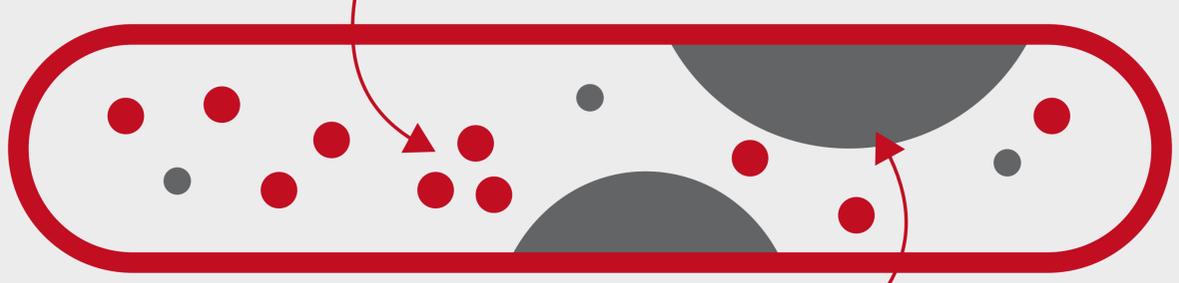
What You Need to Know About LDL (Bad) Cholesterol and Your Health

As a heart attack or stroke survivor, knowing the connection between high cholesterol and the risk of another cardiovascular event is vital.

However, less than half (49%) of heart attack and stroke survivors prioritize lowering their cholesterol.

70% of survivors can't properly identify 'bad' cholesterol

HDL 'good' cholesterol (carries cholesterol away from the arteries for disposal)



LDL 'bad' cholesterol (contributes to fatty buildups in arteries)

According to a 2023 survey from the American Heart Association with The Harris Poll:

75%

of heart attack and stroke survivors reported having high cholesterol...

47%

of survivors are unaware of their LDL number.

98%

are willing to get their cholesterol measured if recommended by their health care professional.

Lower Your LDL Cholesterol Now



Know Your Risk

Getting your cholesterol checked is as simple as getting a blood test from your doctor.



Take Your Medication

Talk to your doctor about cholesterol-lowering medication.

Visit heart.org/LDL to learn how to lower your LDL and reduce your risk of heart attack or stroke.

The American Heart Association's LDL-C Awareness Initiative is sponsored by

