Questions to Ask Your Doctor

- What are my cholesterol numbers?
- What is my risk of heart disease?
- What changes should I make to my diet to help lower my cholesterol?
- What is a healthy weight for me?
- What exercises and activities are best for me?
- Are there medications I can take to lower my risk of heart disease?
- What are the risks and benefits of each treatment option?
- What do I do if I am on a statin and my cholesterol is still too high?
- What should I do to monitor my cholesterol numbers?
- Do I have FH?

Contact Us

If you would like to receive support or need more information, please contact us at:

The Mended Hearts, Inc.
Merry Acres Executive Building
1500 Dawson Road
Albany, GA 31707
1-888-HEART99
www.mendedhearts.org

Living Longer with Heart Disease
Managing and Monitoring High Cholesterol
Know Your Numbers

When it comes to cholesterol, it's all about the numbers. Here are some numbers you should know:

- **1 in 3** The number of people with high cholesterol
- **1 in 3** The number of people with high cholesterol who have it under control
- **2 X** The risk of heart disease for those that don’t have it under control, compared to those that do

The good news? Once you know you have high cholesterol, you can work with your doctor to manage and treat it so that you are back on the path to a healthy heart.

Other important numbers to know are your cholesterol numbers because high cholesterol has no symptoms, but it can lead to heart disease and stroke. A blood test called a lipid profile will help you and your doctor understand what your cholesterol numbers are.

| **Total cholesterol should be under 200.** |
| **LDL should be under 100 (under 70 for those with a history of heart disease).** |
| **The higher the HDL, the lower your risk.** |
| **Triglycerides should be less than 150.** |

**Types of Cholesterol**

Cholesterol travels through the blood on proteins called “lipoproteins.” These two types of lipoproteins are categorized relative to their density and carry cholesterol throughout the body:

- **LDL (low-density lipoprotein)**
  - cholesterol makes up most of your body’s cholesterol. High levels of LDL cholesterol raise your risk for heart disease and stroke, so LDL is sometimes called “bad” cholesterol. When your body has too much LDL cholesterol, the LDL cholesterol can build up on the walls of your blood vessels. This buildup is called “plaque.”

- **HDL (high-density lipoprotein)**
  - or “good” cholesterol, absorbs cholesterol and carries it back to the liver. The liver then flushes it from the body as bile that helps you digest the fats that you eat. High levels of HDL cholesterol can lower your risk for heart disease and stroke.

**Treating High Cholesterol**

Dietary and lifestyle changes may help you lower your cholesterol. Eat foods low in saturated fats and high in fiber, maintain a healthy weight, and get regular exercise.

For some, healthy lifestyle changes will not be enough, especially those with a family history of high LDL. Some medications to treat high cholesterol are:

- **Statins** prevent the production of cholesterol in the liver and lower LDL cholesterol.
- **Ezetimibe (EZE)** works by preventing cholesterol from being absorbed in the intestine.
- **Bempedoic acid and BA/EZE tablets** work together to reduce LDL.
- **PCSK9 Inhibitors** (Proprotein convertase subtilisin/kexin type 9) prevent the liver’s LDL receptors, which remove cholesterol from the bloodstream, from being destroyed.
- **Icosapent Ethyl** is an innovative medication that can treat high triglycerides.

**FH -- Familial Hypercholesterolemia** is a genetic disorder in which a person’s LDL cholesterol level can be anywhere from 2 to 6 times higher than normal from birth. Fortunately, FH is very rare. The severity of FH depends on a person’s genetic profile.