**Role of LDL Cholesterol in Repeat Heart Attacks and Strokes**

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. However, less than half (49%) of them prioritize lowering it.

Too much LDL “bad” cholesterol can increase your risk for heart disease.

Knowing your LDL number is particularly important after having a heart attack or stroke.

As many as 1 in 4 heart attack survivors will have a repeat heart attack or stroke.

High LDL typically does not have symptoms, so it’s important to have your number checked by your doctor.

**WHAT CAN I DO TO REDUCE MY RISK?**

Working closely with your doctor can help you make informed health decisions. Talk to your doctor about creating a treatment plan that could include:

**TAKE YOUR MEDICATIONS**

Take medications as prescribed.

- Forgetting a dose or not getting a refill can cause serious health problems.
- Set a daily alarm or use a pill organizer to help you remember to take your medications regularly.

**MANAGE RISK FACTORS**

It’s important to manage risk factors like high LDL cholesterol, high blood pressure, and diabetes by regularly checking your numbers.

- Additionally, adopting healthy habits such as eating a balanced diet, being physically active, maintaining a healthy weight, stopping tobacco use, limiting alcohol consumption, and getting enough sleep can help reduce your risk of another event.

**ATTEND FOLLOW-UP APPOINTMENTS**

This helps your doctor keep track of your health and recovery.

- Prepare a list of questions and concerns along with a list of all medications and supplements you’re taking.
- Bringing a trusted friend or family member may help as well.

**GET SUPPORT**

Getting support from loved ones or people who have gone through the same thing can help you cope.

- Connect with other heart attack or stroke survivors and caregivers through the American Heart Association’s free online Support Network.

If you’ve experienced a recent cardiac event like a heart attack or stroke, participating in a cardiac or stroke rehabilitation program can help speed up your recovery. Ask your doctor if a rehabilitation program is right for you.

Talk to your doctor about how to reduce your risk for another heart attack or stroke. Learn more at heart.org/LDL

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