

# 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.

## LIFESTYLE

# 2-12%

Expected LDL cholesterol reduction

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

## MODERATE INTENSITY STATIN

# 30-49%

Expected LDL cholesterol reduction



LDL goal for most people with diabetes\*

## HIGH INTENSITY STATIN

# 50% OR MORE

Expected LDL cholesterol reduction



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®