

HIGH CHOLESTEROL IS A SILENT CONCERN THAT CAUSES NO SIDE EFFECTS; THE FIRST USUAL EFFECT IS A HEART ATTACK OR STROKE

- 1** **KNOW YOUR LDL CHOLESTEROL AND YOUR HDL CHOLESTEROL LEVELS. IF YOUR CHOLESTEROL IS HIGHER THAN 70 OR HDL IS LOWER THAN 40 THEN SPEAK TO YOUR DOCTOR.**
- 2** **STUDIES HAVE SHOWN THAT IF YOUR LDL IS UNDER 70 YOUR 10YEAR RISK OF HAVING A HEART ATTACK OR STROKE GOES DOWN BY 99.6%**
- 3** **WHEN LDL CHOLESTEROL IS HIGHER THAN 70 THERE CAN BE PLAQUE THAT CAN LEAD TO A HEART ATTACK OR STROKE.**
- 4** **EATING A PLANT BASED DIET WITH MORE BEANS, LENTILS, VEGETABLES, NUTS AND FRUITS AND DAILY EXERCISE IS THE FOUNDATION OF PREVENTING HEART ATTACK AND STROKE.**
- 5** **IF YOUR LDL CHOLESTEROL IS HIGHER THAN 70 ASK YOUR DOCTOR TO CALCULATE YOUR 10YEAR HEART ATTACK AND STROKE RISK.**
- 6** **IF YOUR LDL CHOLESTEROL IS HIGHER THAN 70 ASK YOUR DOCTOR IF YOU SHOULD HAVE A CORONARY ARTERY CALCIUM SCORE TEST.**
- 7** **IF YOUR CHOLESTEROL IS HIGHER THAN 70 ASK YOUR DOCTOR IF YOU SHOULD BE ON A STATIN MEDICATION.**

Sources:

Erin Michos MD John Hopkins co-author of guidelines of primary prevention of cardiovascular disease

Michael Greger MD co-founder of NutritionFacts.org

William Clifford Roberts MD Editor and Chief of American Journal of Cardiology and the Executive Director of the Dallas Baylor health and vascular institute