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**THE NUMBER ONE IMPORTANT MODIFIABLE RISK FACTOR FOR PREVENTION OF HEART ATTACK AND STROKE IS IMPROVING CHOLESTEROL LEVELS. GOAL LDL CHOLESTEROL IS <70.**

**2**

**STUDIES SHOW THAT WHEN LDL CHOLESTEROL IS UNDER 70 THE 10YEAR RISK OF HAVING A HEART ATTACK OR STROKE GOES DOWN BY 99.6%.**

**3**

**IF YOUR LDL CHOLESTEROL IS >70 ASK YOUR DOCTOR ABOUT STARTING A STATIN MEDICATION.**

**4**

**IF YOUR LDL CHOLESTEROL IS >70 ASK YOUR DOCTOR IF YOU SHOULD HAVE A CORONARY ARTERY CALCIUM SCORE TEST.**

**5**

**TRY TO AVOID THESE 9 FACTORS THAT CAUSE 90% OF HEART ATTACKS AND STROKES: TOBACCO USE, ALCOHOL USE, LACK OF EXERCISE, LACK OF VEGETABLES IN DIET, DIABETES, HYPERTENSION (BLOOD PRESSURE MORE THAN 139/89), ABNORMAL CHOLESTEROL (LDL >70 HDL<40), ABDOMINAL OBESITY, AND STRESS**

**6**

**TALK TO YOUR DOCTOR ABOUT HOW YOU CAN DECREASE/IMPROVE ANY OF THE 9 MODIFIABLE RISK FACTORS THAT CAUSE 90% OF ALL HEART ATTACKS AND STROKES.**

Sources:

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

Michael Greger MD co-founder of [Nutritionfacts.org](http://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