**KNOW YOUR CHOLESTEROL**
Reduce Your Risk of Heart Attack and Stroke

**STEP 1**
Learn about your risk of heart attack and stroke.

**Ask yourself ...**
- Are you overweight?
- Do you exercise?
- Do you eat healthy?
- Do you smoke?
- Do you have high blood pressure?
- Do you have diabetes?
- Has anyone in your family had a heart attack or a stroke?

**STEP 2**
Talk to your healthcare provider.

**Ask about your risk for heart disease and stroke.**

- Get your cholesterol checked.
- Know your cholesterol goal.

**STEP 3**
Once you know your goal, take action!

- Follow the diet you and your provider agreed to.
- Keep a daily journal of what you eat and how many minutes you exercise.
- Follow your provider's advice—if you are on medicine, take it.

**STEP 4**
Follow up with your provider to see if you're meeting your goals.

- Get your cholesterol checked again.
- If you eat healthy, exercise more and take your cholesterol medicine, you are less likely to have a heart attack or stroke.

www.learnyourlipids.com
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Know your cholesterol goal.