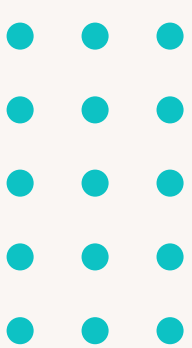




KNOW YOUR NUMBERS TREAT YOUR RISK



**Have you
experienced a heart
attack or stroke?**

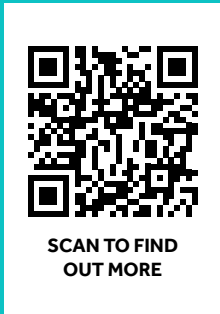
**You may be feeling a range of
emotions and the fear of having
another cardiovascular event.
You are not alone!**



The good news is that there is a lot you can do to help reduce your risk.

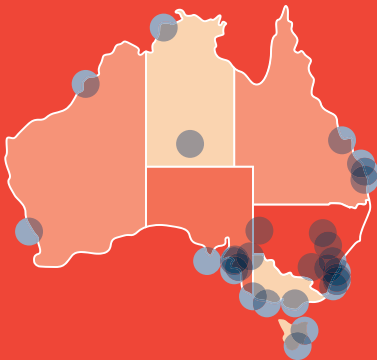
Know Your Numbers, Treat Your Risk aims to support you by:

- Explaining the importance of monitoring and managing your cholesterol
- Acknowledging the impact a heart attack or stroke has on your mental health
- Encouraging you to discuss your heart health with your GP



SCAN TO FIND
OUT MORE

Visit knowyournumberstreatyourrisk.com.au



Being part of Heart Support Australia and sharing your lived experience benefits your heart health in many ways.

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KNOW YOUR NUMBERS TREAT YOUR RISK



Treatment Options What you need to know

Treating high cholesterol means lowering LDL (bad) cholesterol in conjunction with triglyceride levels to reduce the chances of a subsequent heart attack or stroke.

That's why it's essential to *Know Your Numbers* and *Treat Your Risk*.

Routine blood testing helps you to manage your cholesterol.



International guidelines recommend an LDL no higher than 1.4 millimoles per litre of blood (1.4mmol/L) and triglycerides no higher than 1.7mmol/L.¹

Several treatments are now available to help control your LDL cholesterol and triglyceride levels:



Statins

Medications that remove LDL cholesterol from the blood and stop the body from producing more



Ezetimibe

A medication that limits cholesterol absorption so less cholesterol enters your blood



PCSK9 Inhibitors

Medications that enhance your body's ability to break down LDL cholesterol



Icosapent Ethyl or Omega-3 Fatty Acid
These treatments work to lower triglyceride levels.

You may need to take two or three medications to lower your LDL cholesterol.

Healthier lifestyle practices can also help.



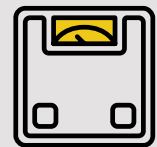
Exercise regularly



Avoid foods high in saturated fats



Don't smoke



Maintain a healthy weight

Always take your medication as prescribed and talk to your GP about managing your cholesterol.



Heart Support Australia acknowledges receives funding from Amgen, Novartis and CSL Seqirus. to support the Know Your Numbers, Treat Your Risk initiative. Visit www.knowyournumberstreatyourrisk.com.au

¹Mach F, Baigent C, Catapano AL et al. 2019 ESC/EAS Guidelines for the management of dyslipidaemias: lipid modification to reduce cardiovascular risk: The Task Force for the management of dyslipidaemias of the European Society of Cardiology (ESC) and European Atherosclerosis Society (EAS). Eur Heart J. 2020;41(1):111-188. doi:10.1093/eurheartj/ehz455



KNOW YOUR NUMBERS TREAT YOUR RISK



Cholesterol & Your Health



What is cholesterol?

Cholesterol is a fat your body produces naturally. It is essential to many bodily functions.

HDL, or “good”, cholesterol helps your liver clear other forms of cholesterol from the body. But high levels of LDL, or “bad”, cholesterol can build up in the arteries, restricting blood flow and increasing your risk of a heart attack or stroke.



What do you need to know?

It's important to monitor your cholesterol as a part of your secondary prevention care plan to reduce your risk of having another heart attack or stroke.

Diet, genetics and age can impact your cholesterol levels.

You'll also need to keep an eye on triglycerides, another type of fat found in the bloodstream. When combined with high LDL cholesterol levels, triglycerides can significantly increase your cardiovascular risk.

Why is it important to manage LDL cholesterol?

If bad cholesterol and triglycerides accumulate in your blood vessels, they can create blockages that increase your risk for:



Heart attack



Stroke



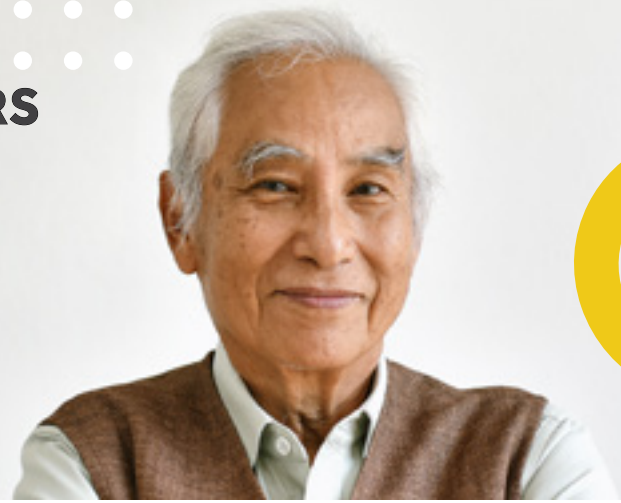
Peripheral artery disease



**Protect your heart and
reduce your risk by keeping
LDL cholesterol
and triglyceride levels low.**



KNOW YOUR NUMBERS TREAT YOUR RISK



Talking with Your GP about Cholesterol

Knowing your numbers and treating your risk begins with cholesterol management conversations with your GP. Here are some questions to help you start discussions.

Understanding your lipid levels

- What are my current LDL (bad) and HDL (good) cholesterol levels?
- What are my current triglyceride levels?
- Why do I have high levels of LDL cholesterol?
- What are the symptoms of high LDL cholesterol?
- How often should I have my cholesterol and triglyceride levels checked?



Understanding your lipid lowering medication



- How does the medication work?
- How often and for how long will I need to take cholesterol medication?
- Will I experience any side effects?
- Will any foods or other medications interact with it?
- Do I need medication even if I make lifestyle changes?
- What if taking medication doesn't work for me?

Understanding lifestyle and genetic factors for heart health

- What diet and lifestyle choices can improve my heart health?
- How does heart health impact my mental and emotional wellbeing?
- I am feeling low and experiencing anxiety, is this normal?
- Are there other risk factors I need to manage?
- Can having high levels of LDL cholesterol be genetic?



Download this check-list and take it to your next GP appointment



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