You had a heart attack or stroke…

Now what can you do to reduce the risk of another event?

What are the treatment options?

- **Cardiac Rehabilitation**
  Most effective if started within 8 weeks after a heart attack or receiving diagnosis of coronary artery disease. This is a critical short-term treatment to reduce long-term risk.

- **Get More Exercise**
  Any movement is better than no movement, and a little more exercise is better than less. Even walking, doing the dishes, climbing stairs or working in the yard will lower risk of cardiovascular disease.

- **Eat A Healthy Diet**
  Consider the Mediterranean Diet that is mostly plant-based with high amounts of fresh vegetables, fruits, nuts, dried beans, olive oil, and fish.

- **Medications**
  Consider moderate dose statin, maximizing statin, ezetimibe, or PCSK9i.

- **Stop Smoking**

- **Other Treatments**
  Your provider may want to discuss other treatment options with you to develop a shared decision plan.

For more information on the VA/DoD Clinical Practice Guideline for the Management of Dyslipidemia for Cardiovascular Risk Reduction (Lipids), visit https://www.healthquality.va.gov/guidelines/cd/lipids/