Cholesterol is only one of many risk factors for a Heart Attack or Stroke.

Other risk factors include:

- Tobacco Use
- High Blood Pressure
- Diabetes
- Family History
- Prior Heart Disease
- Age

**Know Your Risk!**

Ask your healthcare provider about your 10 year risk.

For more information see the VA/DoD Clinical Practice Guideline: Management of Dyslipidemia
http://www.healthquality.va.gov/guidelines/CD/lipids/

**What if I am at high risk?**

- Quit Smoking
- Control Blood Pressure
- Increase Physical Activity
- Achieve Optimal Weight
- Eat a Healthy Diet
- Take a Statin

Know Your Risk! Lower It!