



# Are You Worried About Your Cholesterol?

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!***

