

# 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.

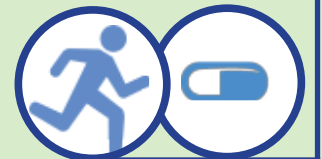
### STEP 4



**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.

