Lower your LDL cholesterol and decrease your risk of heart attack and stroke with statins and a healthy lifestyle

Statins are an essential part of reducing your LDL cholesterol.

A healthy lifestyle is essential but not enough if you have heart disease, diabetes, or extremely high LDL cholesterol.

**LIFESTYLE**
2-12% Expected LDL cholesterol reduction

**MODERATE INTENSITY STATIN**
30-49% Expected LDL cholesterol reduction

**HIGH INTENSITY STATIN**
50% OR MORE Expected LDL cholesterol reduction

**LDL Goal for**
most people with diabetes*

**LDL Goal for people**
with heart disease or extremely high LDL*

*Your doctor will help you determine your personal LDL cholesterol goal.

MY CURRENT LDL  MY LDL GOAL*