

Who would benefit from statin therapy?

When you've been diagnosed with Atherosclerotic Cardiovascular Disease

What is atherosclerotic cardiovascular disease (ASCVD)?

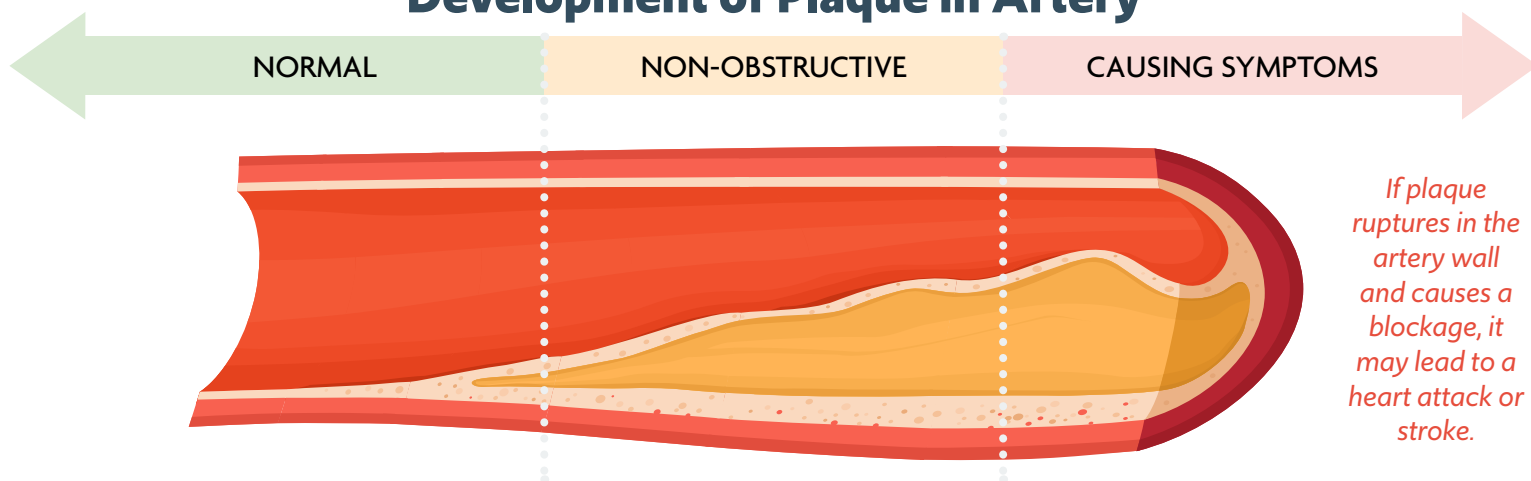
- ASCVD is caused by a buildup of plaque in artery walls.
- This can lead to heart attack, and stroke among other health issues (sometimes referred to as "ASCVD events").
- People who have had a heart attack, angina, stroke, poor blood flow in arteries in the legs or elsewhere, or procedure to unblock arteries have clinical ASCVD.

What contributes to ASCVD?

Risk factors including:

- High cholesterol
- High blood pressure
- Diabetes
- Obesity
- Smoking
- Unhealthy diet
- Physical inactivity
- Family history of early ASCVD

Development of Plaque in Artery



What can I do to lower my risk of another ASCVD event?

- Medications called statins lower Low-Density Lipoprotein (LDL) cholesterol and have been shown to reduce the risk of future ASCVD events in people who have already had an event.
- Most people who have had an ASCVD event should take a high-intensity statin, which provides the most LDL cholesterol lowering and greatest protection against another ASCVD event.
- A healthy lifestyle (heart-healthy diet, regular exercise, and healthy sleep) is also helpful to prevent another ASCVD event.
- Your healthcare team will monitor your cholesterol levels to make sure the statin medication and lifestyle are working to lower your LDL cholesterol.
- Let your healthcare team know if you have questions about statin medication, or if you experience any side effects while taking a statin.