

When your LDL-C is above 190 mg/dL

WHAT YOU NEED TO KNOW

Cholesterol



Cholesterol is a building block for vitamin D and hormones in the body. However, high levels of **Low-Density Lipoprotein (LDL)** cholesterol, is a risk factor for developing **heart and vascular disease**, which can result in a **heart attack** or **stroke**. Levels are considered elevated if above 100mg/dL.



Very high levels of LDL-Cholesterol, **especially 190 mg/dL or above**, are often due to a genetic (inherited from your family) condition known as **familial hypercholesterolemia (FH)**, and can lead to an increased risk for having **heart attacks** or **strokes** at an early age as levels are generally high from birth..

Studies have shown that lowering your LDL-Cholesterol with **lifestyle changes and medications can reduce the risk** of having a heart attack, stroke, needing procedures to open blockages in your heart, or even dying at a young age.

Lifestyle

A healthy lifestyle is the most important thing you can do to reduce your LDL-Cholesterol and lower your risk of developing heart disease. Replace saturated fats with healthy fats, and try to avoid cream and whole fat milk, butter, cheese, fatty meats, and coconut oil.

Eating foods high in fiber such as oats, beans, peas, lentils, vegetables, fruits, and avocado can help lower LDL-Cholesterol. Choose lean meats lower in cholesterol. Egg yolks are high in cholesterol and should be limited. Weekly aerobic exercise should include at least 150 minutes of moderate intensity or 75 minutes of vigorous exercise.



Statin Therapy



After a discussion with your healthcare team, they may recommend starting a cholesterol medication called a statin. Statins have been on the market for over 35 years. Numerous studies with statins show they safely lower LDL-Cholesterol and reduce chances of heart attacks, strokes, and death.

Statins which lower LDL-Cholesterol by 50% or more are recommended for people with very high cholesterol levels or high-risk conditions such as diabetes, or existing heart or vascular disease.

Your healthcare team will discuss potential side effects and review your other medications to make sure there are no interactions with the statin you have been prescribed. Your healthcare team will monitor your cholesterol levels to make sure the statin medication and lifestyle are working to lower your LDL-Cholesterol.

Sometimes, because your LDL-Cholesterol is so high due to a genetic condition, you may need more than one medication to lower your cholesterol even more. Non-statin therapy may also be recommended.