

# You had a heart attack or stroke...

# Now what can you do to reduce the risk of another event?

## What are the treatment options?

### Cardiac Rehabilitation

Most effective if started within 8 weeks after a heart attack or receiving diagnosis of coronary artery disease. This is a critical short-term treatment to reduce long-term risk.



### Get More Exercise

Any movement is better than no movement, and a little more exercise is better than less. Even walking, doing the dishes, climbing stairs or working in the yard will lower risk of cardiovascular disease.



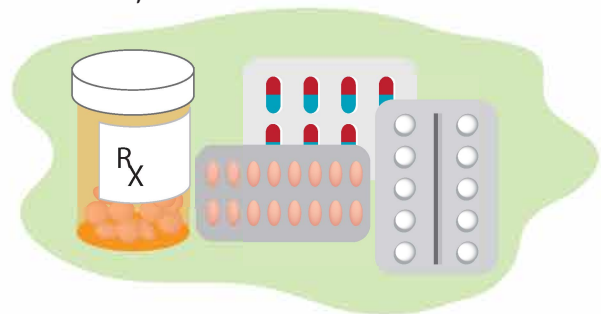
### Eat A Healthy Diet

Consider the Mediterranean Diet that is mostly plant-based with high amounts of fresh vegetables, fruits, nuts, dried beans, olive oil, and fish.



### Medications

Consider moderate dose statin, maximizing statin, ezetimibe, or PCSK9i.



### Stop Smoking



### Other Treatments

Your provider may want to discuss other treatment options with you to develop a shared decision plan.

For more information on the VA/DoD Clinical Practice Guideline for the Management of Dyslipidemia for Cardiovascular Risk Reduction (Lipids), visit <https://www.healthquality.va.gov/guidelines/cd/lipids/>



Dyslipidemia Patient Summary

