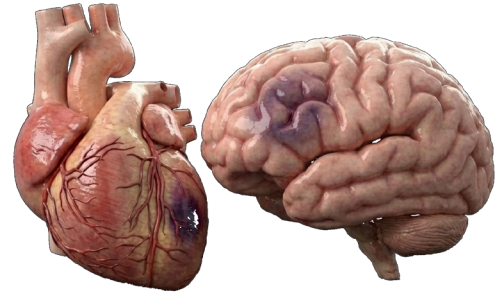


ARE YOU WORRIED ABOUT YOUR RISK

OF HEART ATTACK OR STROKE?

Risk factors for heart attack or stroke:

- Tobacco Use
- High Blood Pressure
- Diabetes
- High Cholesterol
- Family History
- Prior Heart Disease
- Age



Know Your Risk!

- **Talk with your healthcare provider about your 10-year heart and stroke risk (PREVENT score)**
- **Ask about additional testing like a coronary calcium scan**
- For more information, see the VA/DoD Clinical Practice Guideline: Management of Dyslipidemia

<https://www.healthquality.va.gov/guidelines/CD/lipids/>

WHAT CAN I DO TO REDUCE MY RISK?



Quit Smoking



Eat a Heart-Healthy Diet



Be More Physically Active



Take Cholesterol-Lowering Medication if Recommended



Achieve a Healthy Weight



Control Blood Pressure



**KNOW YOUR RISK
AND LOWER IT**



Dyslipidemia
Patient
Summary

