

High cholesterol. Are you at risk?

Cholesterol **911**
Don't wait for an emergency. Get checked. Take charge.

If you have any of these risk factors, talk to your doctor. There are things you can do to reduce your risk.

If you have already had a heart attack or stroke, talk to your doctor about **what you can do** to help reduce your risk of another in future.

- I'm **over 40** years of age
- I have heart disease, diabetes, high blood pressure or chronic kidney disease
- I have a **family history** of high cholesterol, heart disease or stroke
- I have experienced **chest pain** (angina)
- I am **overweight**
- I currently **smoke** cigarettes or have in the past year
- Someone in my immediate family had a heart attack or stroke at a **young age**

**GET THE FACTS ABOUT CHOLESTEROL.
TALK TO YOUR DOCTOR,
GET CHECKED AND TAKE CHARGE.**