

YOUR BAD CHOLESTEROL:

Know your number and goal



MY BAD CHOLESTEROL (LDL-C*) NUMBER AND GOAL

**My Current LDL-C
Number Is:**

**My Doctor-Recommended
LDL-C Goal Is:**

*Low-density lipoprotein cholesterol, also known as LDL-C or bad cholesterol.

WHY LOWERING MY BAD CHOLESTEROL MATTERS

Over time,
bad cholesterol
can combine with fats
and other substances
in the blood to
create plaque.



Plaque buildup
can lead to blockages,
ruptures, and blood
clots, which may
increase your risk of
heart attack or stroke.



Getting to
and staying at
your goal may help
lower your risk of
heart attack
or stroke.

Talk to your doctor about your bad cholesterol number and goal at your next visit.



Learn more about bad cholesterol at badcholesterol.com

