

You had a heart attack or stroke...

What are your treatment options?

What can you do to reduce your risk?

Participate in Cardiac Rehabilitation

Most effective when started soon after a heart attack or diagnosis of coronary artery disease. It helps reduce your long-term risk.



Be More Physically Active

Any movement is better than none, and more activity is better than less. Even walking, doing the dishes, climbing stairs or working in the yard will lower risk of cardiovascular disease.



Eat a Heart-Healthy Diet

Talk with your provider about a heart-healthy eating pattern, such as a Mediterranean-style diet rich in vegetables, fruits, nuts, beans, olive oil, and fish.



Take Medications

Take cholesterol-lowering medications as recommended. This may include statins and other medications to further lower your risk.



Stop Smoking

Stopping smoking is one of the most important steps you can take to lower your risk. Ask your provider for help and resources today.



Consider Other Treatments

Talk with your provider about other treatment options and create a plan that works for you.

For more information, on the VA/DoD Clinical Practice Guideline for the Management of Dyslipidemia (Lipids), visit:

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



Dyslipidemia
Patient Summary

