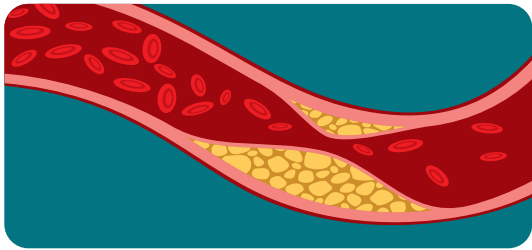


## LDL Cholesterol and Type 2 Diabetes

LDL (low-density lipoprotein) cholesterol is sometimes called “bad” cholesterol. With LDL cholesterol, a lower number helps lower your risk for heart attack and stroke. If you are living with type 2 diabetes, you are twice as likely to have a heart attack or stroke.

### WHAT IS LDL CHOLESTEROL?



Cholesterol is a waxy, fat-like substance in your blood that’s important for good health. But too much LDL cholesterol can cause fatty buildups (plaque) in blood vessels (arteries, veins, capillaries) that can lead to a heart attack or stroke.

### LOWER IS BETTER

Adults 20 years and older should have their cholesterol checked every four to six years. For people that have problems with their cholesterol and not on cholesterol-lowering therapy, testing may be less frequent. A simple blood test, called a lipid profile, provides your cholesterol numbers.

Discuss what your LDL cholesterol number should be with a health care professional. For adults (40-75 years old) living with type 2 diabetes, your health care professional may prescribe a medication, called a statin, to lower your LDL and give you a target of 70 mg/dL or lower.

If you are living with type 2 diabetes, getting cholesterol checked depends on different factors. Consult your health care professional on how often you need to be tested.

### HOW TO LOWER YOUR LDL CHOLESTEROL



**Eat a healthy diet** of vegetables, fruits, whole grains, fish and seafood. Limit sugary foods and drinks, salty foods and refined carbohydrates.



**Replace saturated fats** (sourced from animals: red meat, poultry, dairy) with unsaturated fats (sourced from plants: olive, avocado, nuts).



**Physical activity and exercise** lower LDL cholesterol.



**Stop tobacco use**, like smoking or vaping.



**Take medication** as directed if you’re prescribed statins or other cholesterol lowering drugs.