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.

**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.

**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.

Learn more at [KnowDiabetesbyHeart.org](http://KnowDiabetesbyHeart.org)