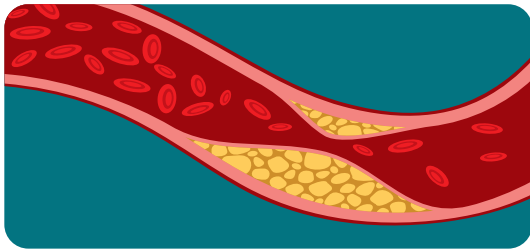


LDL Cholesterol and Type 2 Diabetes

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.

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