

# KNOW IT BY HEART: YOUR JOURNEY AFTER A CARDIOVASCULAR EVENT

This resource is a suggested guide only; each patient's journey varies on an individual basis.

## Consider Discussing:

- The importance of monitoring bad cholesterol (LDL-C) and its link to cardiovascular events
- Available treatment options to lower LDL-C below recommended levels

## When Visiting Your HCP, You May Want To:

- Ask questions if you don't understand something
- Discuss your goals for lowering your LDL-C & cardiovascular risk
- Talk openly about any concerns or preferences regarding your treatment plan



As a patient with cardiovascular disease, team-based care is likely for your journey ahead

## INPATIENT CARE →

**Cardiovascular Event & Hospitalization:**  
Heart attack or stroke



## Discharge:

Consider discussing medication planning & follow-up visit



## ← OUTPATIENT CARE

## First Follow-up:

Goals & treatment plan

- Consider discussing what your LDL-C levels should be & potential treatment options
- You may want to ask about a cholesterol test in 4-12 weeks after starting medicine(s)



## Short-term Follow-up:

Monitor & adjust your treatment plan as needed with your doctor

- Discuss with your doctor about whether your LDL-C levels are at the recommended threshold
- It may be beneficial to ask about next cholesterol test (eg, every 4-12 weeks) & schedule next follow-up



## Long-term Follow-up:

Chronic care

- Along with your doctor, monitor your LDL-C levels to ensure that they are below the recommended threshold. If unmet, your doctor may refer you to a lipid specialist
- It may be beneficial to ask about next cholesterol test (eg, annually or determined by the HCP)



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HCP, healthcare provider; LDL, low-density lipoprotein; LDL-C, low-density lipoprotein cholesterol.

1. Lloyd-Jones DM, Morris PB, Ballantyne CM, et al. 2022 ACC expert consensus decision pathway on the role of nonstatin therapies for LDL-cholesterol lowering in the management of atherosclerotic cardiovascular disease risk: a report of the American College of Cardiology Solution Set Oversight Committee. *J Am Coll Cardiol.* 2022;80:1366-1418. 2. Grundy SM, Stone NJ, Bailey AL, et al. 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APHA/ASPC/NLA/PCNA guideline on the management of blood cholesterol: a report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *J Am Coll Cardiol.* 2019;73:e285-e350. 3. Grundy SM, Stone NJ, Bailey AL, et al. Supplement to: 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APHA/ASPC/NLA/PCNA guideline on the management of blood cholesterol: a report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *J Am Coll Cardiol.* 2019;73:e285-e350.