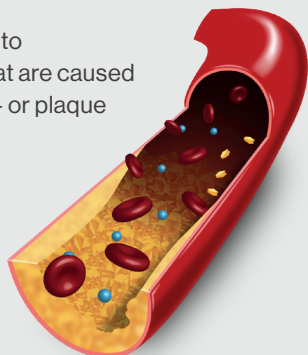


WHAT IS ASCVD?

ATHEROSCLEROTIC CARDIOVASCULAR DISEASE

ASCVD is an umbrella term used to describe a variety of diseases that are caused by the build-up of fatty deposits – or plaque – in arteries.¹

Many people do not experience any symptoms until the plaque in the arteries unexpectedly ruptures.¹ This may lead to a heart attack or stroke.¹



My heart attack came out of the blue for me. It's an invisible illness, one that you can't smell, can't feel. I had never felt any symptoms - at least none that I would have identified as warning signs, or of a heart attack.

Jean-Daniel,
living with ASCVD



85%

of all CVD deaths caused by ASCVD²

300 MILLION

people living with ASCVD³

15 MILLION

deaths per year³

2 BILLION

people at risk⁴

27%

of world population has plaque build up in their arteries⁵

KEY RISK FACTORS



SMOKING



OVERWEIGHT



HIGH BLOOD PRESSURE



DIABETES



AGE



GENDER



HIGH LDL-CHOLESTEROL



80% of premature cardiovascular events **CAN BE PREVENTED⁶**

By knowing the risk factors we can modify, including our cholesterol level, we can significantly lower the risk of developing ASCVD.



PHYSICAL ACTIVITY



HEART-HEALTHY DIET



MANAGING STRESS



QUITTING SMOKING

REGULAR CHECK-UPS

Visit your doctor and get your blood pressure and cholesterol levels checked. Everyone should have their first cholesterol screening test by age 35 for men, and age 45 for women.⁷ Blood pressure should be checked every 2 years.⁸ Those who are at higher risk should consider more frequent assessment.

CHOLESTEROL

A high level of cholesterol (dyslipidemia) is a **leading cause of ASCVD**.¹ Cholesterol is an essential part of cells and nerves, but too much bad cholesterol (also called LDL-Cholesterol) in your blood can be problematic. Bad cholesterol is one of the most common factors of ASCVD.

Cholesterol levels can be measured by taking a simple blood test which shows the amount of “good” and “bad” cholesterol present in the blood. Maintaining healthy levels of cholesterol is one way to minimize the risk of developing ASCVD.

People taking medicines to lower cholesterol levels should be offered a cholesterol test every year.⁹



By exposing the realities of ASCVD, we can change the course of this disease. Share this information to help an Invisible Nation be seen. To learn more, visit www.InvisibleNation.com