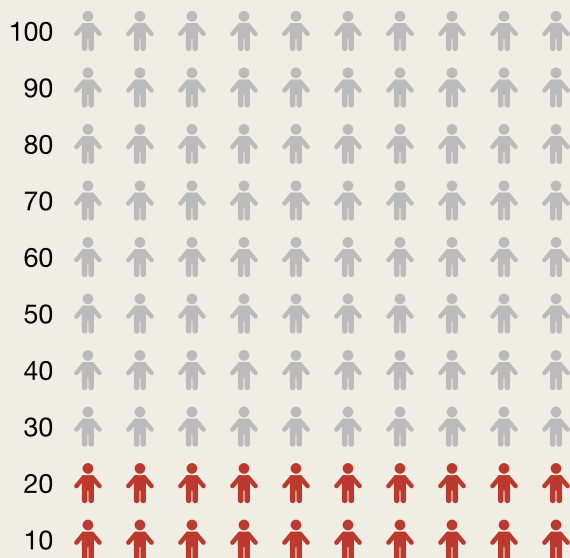


# Options



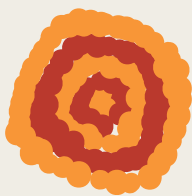
## 20% High risk

Here's an example of a person with high 20% risk  
(This may be higher or lower than your risk).



It means that out of 100 people with the same risk factors, 20 of those people will have a heart attack or stroke in the next 5 years if they don't take action.

See your GP if you have questions or concerns about your Heart Health



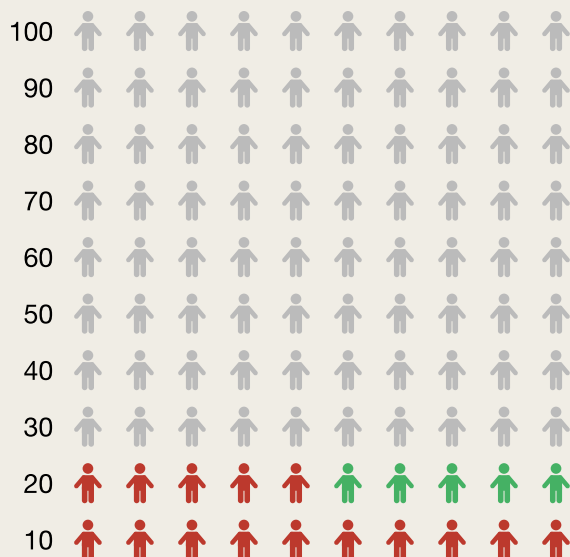
## Options

### Take cholesterol medication



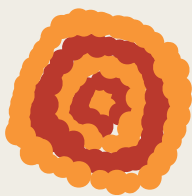
### 15% High risk

If you reduce your cholesterol, you can reduce your risk of heart problems. This person reduced their LDL or “bad” cholesterol by 1mmol/L. Their risk changed from 20% to 15%. This means they have a better chance of keeping their heart healthy.



It means that out of 100 people with the same risk factors, 15 of those people will have a heart attack or stroke in the next 5 years if they don't take action.

**See your GP if you have questions or concerns about your Heart Health**



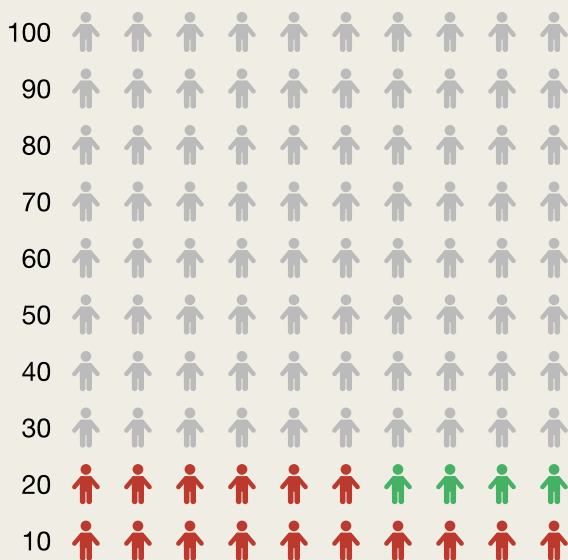
## Options

**Take blood pressure medication and exercise**



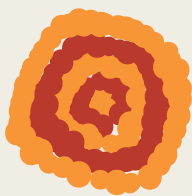
**16% High risk**

If you reduce your blood pressure, you can reduce your risk of heart problems. This person reduced their blood pressure by 10mmHg. Their risk changed from 20% to 16%. This means they have a better chance of keeping their heart healthy.



It means that out of 100 people with the same risk factors, 16 of those people will have a heart attack or stroke in the next 5 years if they don't take action.

**See your GP if you have questions or concerns about your Heart Health**



## Options

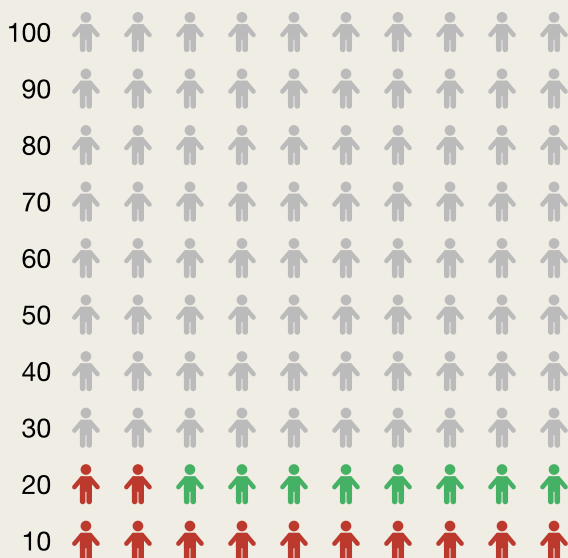
### Quit smoking



**12% High risk**

**If you quit smoking, you can reduce your risk of heart problems.**

This person quit smoking. Their risk changed from 20% to 12%.  
This means they have a better chance of keeping their heart healthy.



It means that out of 100 people with the same risk factors, 12 of those people will have a heart attack or stroke in the next 5 years if they don't take action.

**See your GP if you have questions or concerns about your Heart Health**