When was the last time you thought about cholesterol? ...It’s time to Think Again!

The Bad and The Worst

According to the World Health Organization, Europe has the greatest prevalence per capita of high cholesterol in the world, where CVD causes almost half of all deaths. 4, 5

Total cholesterol, smoking and high blood pressure are key modifiable risk factors for CVD 6

While most adults acknowledge stress and obesity as risk factors, fewer acknowledged cholesterol. 2

Why is LDL-C considered ‘bad’?
High levels of LDL-C can create plaque buildup in the artery walls, or atherosclerosis, which can lead to a heart attack or stroke. 3

92% did not know their LDL-C levels or had never had their cholesterol levels tested. 2

HUGE CONCERN: 
92% did not know their LDL-C levels or had never had their cholesterol levels tested.

However, more adults surveyed were worried about cancer over CVD. 7

Know Your Numbers

Adults over 40 should aim to keep their LDL-C under:
• <2.5 mmol/L for patients at high CV risk
• <3.0 mmol/L for patients at low or moderate CV risk

Time to think AGAIN about your cholesterol

About the Think Again About Cholesterol Survey
Think Again About Cholesterol is a multi-national survey conducted online by Harris Poll on behalf of EAS and sponsored by Sanofi and Regeneron Pharmaceuticals, Inc. about the general public’s understanding of cholesterol. A total of 12,142 adults, age 25 and over, were surveyed between 25 August and 9 September 2015 in the following countries: Belgium, Denmark, Finland, France, Germany, Italy, Japan, the Netherlands, Norway, Spain, Sweden and the United Kingdom.

About the EAS
The European Atherosclerosis Society (EAS) was founded in 1964 with the aim of “advancing and exchanging knowledge concerning the causes, natural history, treatment and prevention of atherosclerotic disease”. For more than 50 years the Society’s expertise has been used to teach clinicians how to manage lipid disorders and how to prevent atherosclerosis. For more information visit: http://www.eas-society.org.

References