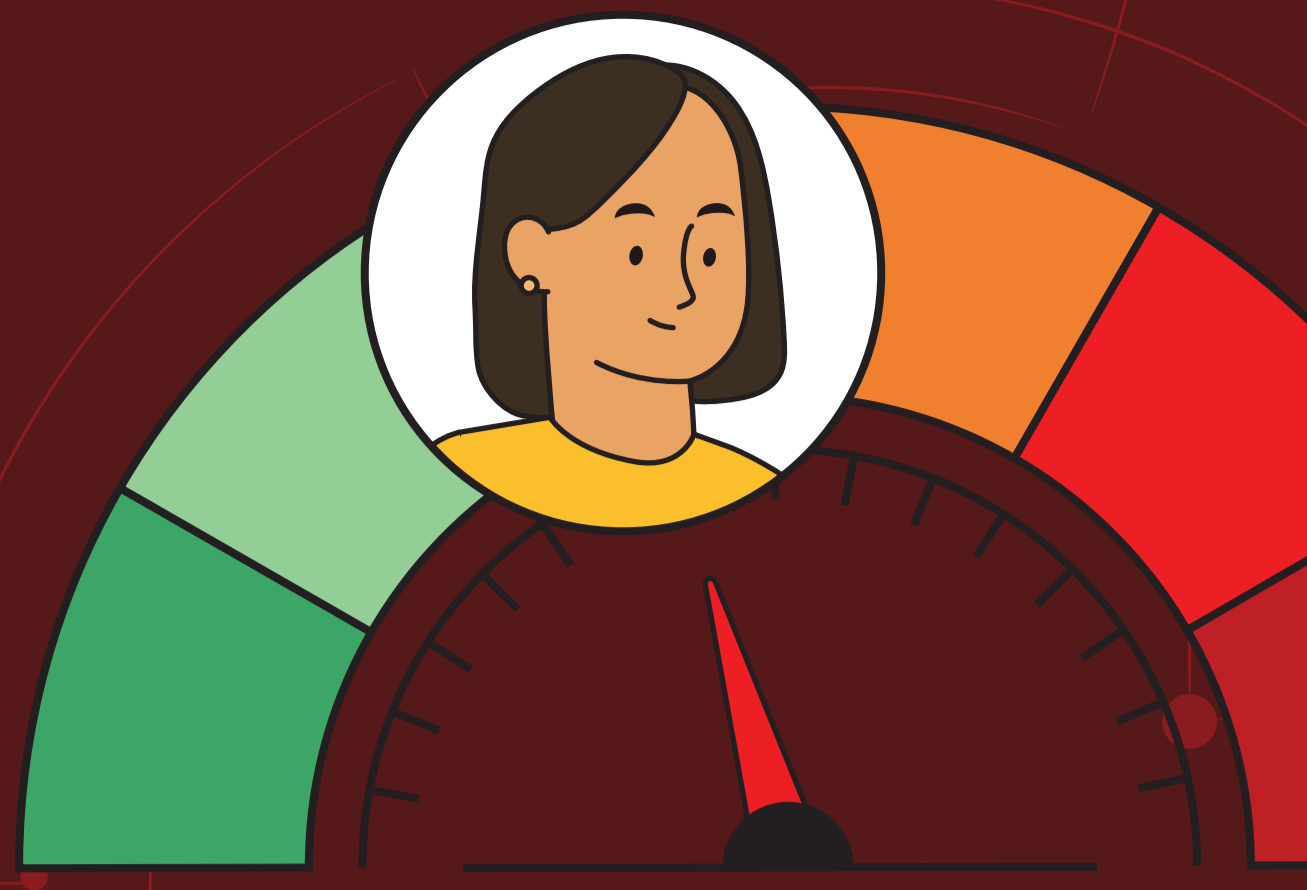


# Reducing LDL-Cholesterol to Limit Risk for Atherosclerosis



Lifestyle plays a significant role in management of LDL-C levels.

Risk factors include:



Physical activity



Nutrition



Sedentary lifestyle



Alcohol use



Tobacco and substance use



Stress

The causal connection between LDL-C and atherosclerosis is supported by:



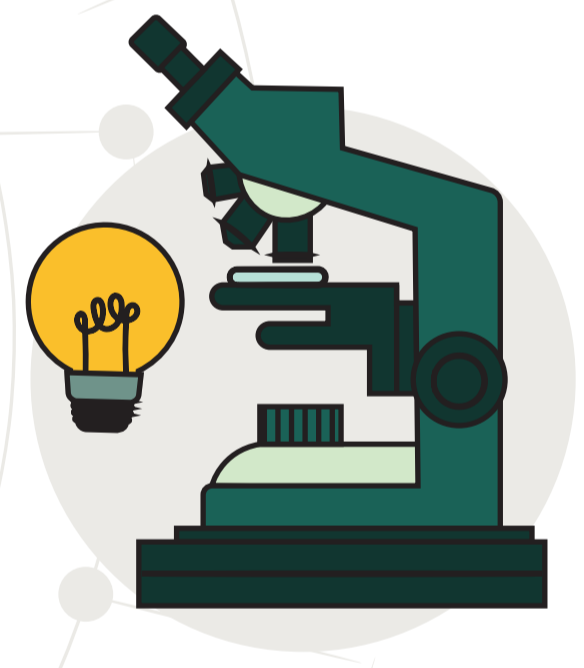
Observational data



Randomized clinical trial results



Human genetic analyses



Animal experimentation in multiple species

Lifestyle is key to prevention of atherosclerotic cardiovascular disease.

PETER LIBBY, MD  
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