

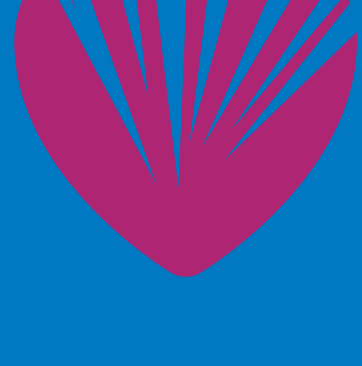
High Cholesterol by the Numbers

High blood cholesterol is a condition that causes levels of certain fats, called lipids, to be too high in the bloodstream. Learn more about how this common condition impacts your employees and your organization.

How is High Cholesterol Impacting the US?



1/3 of Adults with high LDL cholesterol ("bad cholesterol") don't have the condition under control¹



#1 Cause of Death High cholesterol leads to Coronary Heart Disease, which is **#1 cause of illness and death** in the US²

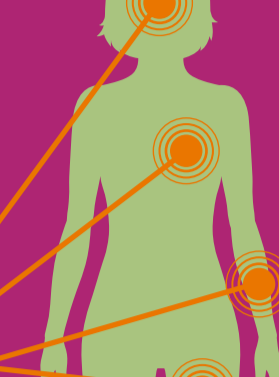


Less than Half of adults with high LDL cholesterol get treatment³

Cholesterol - What Is It?

Everyone has cholesterol; some cholesterol is needed for good health. Increased cholesterol levels are associated with a higher risk of heart attacks and strokes through:

- Cerebrovascular disease (brain)
- Coronary artery disease (blood vessels to the heart)
- Peripheral vascular disease (arms and legs)²



Different Types of Cholesterol²

Total Cholesterol

LDL Cholesterol

High LDL levels raise the risk of heart attacks, strokes, and other health problems. Sometimes called 'bad cholesterol'

HDL Cholesterol

High HDL levels tend to have a lower risk of heart attacks, strokes, and other health problems. Sometimes called 'good cholesterol'

Non-HDL Cholesterol

Non-HDL cholesterol is total cholesterol minus HDL cholesterol

Triglycerides

High triglycerides also seem to increase the risk of heart attacks and strokes

Cholesterol Target Levels³

Total Cholesterol	Below 200
LDL Cholesterol	Below 100
HDL Cholesterol	Above 60
Triglycerides	Below 150

What Factors Affect Cholesterol Levels?⁴



Diet



Smoking

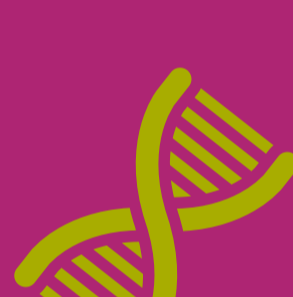


Sedentary Lifestyle



Comorbidities

- Diabetes
- Hypertension



Genetics



Stress

Lowering High Cholesterol

Treatment options

Lifestyle Changes⁵



Limit foods high in saturated fat, such as red meat, butter, fried foods and cheese



Meet BMI guidelines



Eat a plenty of fruits, vegetables and foods high in soluble fiber



Follow exercise guidelines of 40 minutes of moderate to vigorous aerobic exercise three to four times a week⁶

Medications⁶



Statins - Statins are oral drugs that decrease the body's production of cholesterol. They can reduce LDL levels by as much as 60%. In addition, they can lower triglycerides. They are proven to reduce the incidences of illnesses and deaths. Potential side effects include muscle pain, aches, or weakness.



PCSK9 inhibitors - PCSK9 inhibitors are a newer class of drug that lower LDL levels. Alirocumab (brand name: Praluent) and evolocumab (brand name: Repatha) are given by injection every two to four weeks. They can reduce LDL cholesterol by as much 70% and are proven to reduce the incidences of illnesses and death.



Ezetimibe - Ezetimibe (brand name: Zetia) reduces the body's ability to absorb cholesterol from food, as well internally produced cholesterol. It lowers LDL levels and has relatively few side effects. It's usually prescribed in combination with a statin.

What Employers Can Do⁸



Provide low cholesterol food options in vending machines and on cafeteria menu.



Use health fairs, workshops, or classes to educate employees on preventing and controlling high cholesterol.



Promote physical activity, nutrition guidelines, obesity reduction, and tobacco cessation as ways to control cholesterol.



Choose integrated health benefits for employee plans. Annual eye exams can help identify possible cases of high cholesterol. Dental checks can find chronic periodontitis, which is linked to high cholesterol levels.



Participate in the CDC's Work@Health program.

SOURCES:
¹ Cholesterol Fact Sheet, Centers for Disease Control and Prevention (2015), www.cdc.gov
² Patient education: High cholesterol (The Basics) (2018), uptodate.com
³ Cholesterol Fact Sheet, Centers for Disease Control and Prevention (2015), www.cdc.gov
⁴ Pharmacotherapy: A Pathophysiologic Approach, 8th edition, Chapter 28 (2013)
⁵ Patient education: Can foods or supplements lower cholesterol? (The Basics) (2018), UpToDate.com
⁶ Prevention and Treatment of High Cholesterol (Hyperlipidemia), American Heart Association (April 2017), www.heart.org
⁷ Patient education: High cholesterol treatment options (Beyond the Basics) (2018), uptodate.com
⁸ Cholesterol Interventions, Centers for Disease Control and Prevention (2016), www.cdc.gov