

KNOW IT BY HEART: YOUR JOURNEY WITH PLAQUE BUILDUP IN YOUR ARTERIES (ASCVD)

This resource is a suggested guide only; each patient's journey varies on an individual basis.

Discuss:

- The importance of monitoring bad cholesterol (LDL-C)¹
- Available treatment options to lower bad cholesterol (LDL-C) to safe levels¹

General Guidance When Visiting Your HCP:

You may want to:

- Ask questions if you don't understand something²
- Discuss your goals for lowering your LDL & cardiovascular risk²
- Talk openly about any concerns or preferences regarding your treatment plan^{1,2}



ACUTE CARE →

ASCVD Event & Hospitalization:
Heart attack or stroke²

As a patient with ASCVD, team-based care is available for your journey ahead²



Discharge:

Discuss medication planning & follow-up plan²



← OUTPATIENT CARE

First Follow-up:

Discuss goals & treatment plan^{2,3}

- Consider discussing what your LDL-C levels should be & potential treatment options^{2,3}
- Ask about a cholesterol test in 4–12 weeks after starting medicine(s)²

Short-term Follow-up:
Monitor & customize your treatment plan^{2,3}

- Continue to monitor LDL-C levels to see if you're at goal³
- It may be beneficial to ask about next cholesterol test (eg, every 4–12 weeks) & schedule next follow-up²



Long-term Follow-up:
Chronic care^{1–3}

- Continue to monitor LDL-C levels to ensure you're at goal. If still unmet, you might want to consider a referral to a lipid specialist^{1,3}
- It may be beneficial to ask about next cholesterol test (eg, annually or determined by the HCP)²



Grundy SM, et al. J Am Coll Cardiol. 2019: e309-Table 7

Grundy SM, et al. J Am Coll Cardiol. 2019: e291-B-2

Lloyd-Jones DM, et al. J Am Coll Cardiol. 2022: 1380-Table 4

Grundy SM, et al. J Am Coll Cardiol. 2019: e327-A-2

Grundy SM, et al. J Am Coll Cardiol. 2019: e313-A-1; e329-B-2; 19-Table S7

Grundy SM, et al. J Am Coll Cardiol. 2019: e309-Table 7

Grundy SM, et al. J Am Coll Cardiol. 2019: e291-B-2; e308-B-2; e311-Table 1

Grundy SM, et al. J Am Coll Cardiol. 2019 (Supplement): 21-Table S8; 22-Table S8

Grundy SM, et al. J Am Coll Cardiol. 2019: e311-Table 1

Grundy SM, et al. J Am Coll Cardiol. 2019 (Supplement): 21-Table S8

Lloyd-Jones DM, et al. J Am Coll Cardiol. 2022: 1383-Figure 1

Grundy SM, et al. J Am Coll Cardiol. 2019: e311-Table 1

ASCVD, atherosclerotic cardiovascular disease; HCP, healthcare provider; LDL, low-density lipoprotein; LDL-C, low-density lipoprotein cholesterol.

1. Lloyd-Jones DM, Morris PB, Ballantyne CM, et al. 2022 ACC expert consensus decision pathway on the role of nonstatin therapies for LDL-cholesterol lowering in the management of atherosclerotic cardiovascular disease risk: a report of the American College of Cardiology Solution Set Oversight Committee. *J Am Coll Cardiol.* 2022;80:1366-1418. 2. Grundy SM, Stone NJ, Bailey AL, et al. 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA guideline on the management of blood cholesterol: a report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *J Am Coll Cardiol.* 2019;73:e285-e350. 3. Grundy SM, Stone NJ, Bailey AL, et al. Supplement to: 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA guideline on the management of blood cholesterol: a report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *J Am Coll Cardiol.* 2019;73:e285-e350.