

# Lowering LDL-C is crucial after a heart attack or percutaneous coronary intervention

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Low-density lipoprotein cholesterol (LDL-C) is often called the “bad” cholesterol. When you have too much LDL-C in your blood, it can combine with fats and other substances to build up in the inner walls of your arteries, creating a thick, hard substance called plaque. The arteries can become clogged and narrow, and blood flow is reduced.

If the buildup of plaque ruptures, a blood clot may form at this location or a piece may break off and travel in the bloodstream, causing a heart attack or stroke. If blood vessels in the area of the legs or pelvis are constricted by plaque, peripheral arterial occlusive disease (PAOD) occurs.

As this is a disease that builds up over time, it is important to lower LDL-C and to keep it low.

## Lowering LDL-C provides many benefits to post-heart attack & post-PCI (percutaneous coronary intervention) patients

If you have suffered a heart attack or undergone percutaneous coronary intervention (PCI), it is crucial to control your LDL-C levels.<sup>1</sup>

- Lowering your LDL-C can significantly lower your risk of recurrent heart attacks and other cardiovascular events.
- Atherosclerosis is the underlying condition that leads to heart attacks and strokes. Controlling your LDL-C can slow down or even reverse the progression of atherosclerosis thereby reducing the risk of further blockages in your arteries.<sup>2</sup>
- Lowering your LDL-C not only reduces your risk of future cardiovascular events but also improves your overall cardiovascular health. It can help stabilize plaque, improve blood flow, and enhance the functioning of the heart and blood vessels.<sup>3</sup>
- Controlling your LDL-C can optimize the benefits of PCI by minimizing the risk of restenosis (re-narrowing of the treated artery) and other complications thereby improving the long-term success of the intervention.<sup>4</sup>

## Work with your doctor for optimal cholesterol management

It's important to note that the target LDL-C level after a heart attack or PCI may vary depending on individual circumstances and risk factors.<sup>5</sup>

The Philippine Lipid and Atherosclerosis Society recommends an LDL-C of less than 55 mg/dL for those with a history of a heart attack or PCI.<sup>6</sup>

Talk to your doctor to identify your risk category and appropriate LDL-C goals. Your doctor can also tell you about new and effective treatment options to help you manage your cholesterol and reach your target LDL-C

level.

## Healthy lifestyle tips to help lower your LDL-C

- Eat less red meat and fried foods.
- Eat more fruits and vegetables.
- Be more active.
- Smoke less or not at all.
- Avoid drinking alcohol in excess.

### SOURCE of Shortened Article:

1. [The Predictive Value of Lp\(a\) for Adverse Cardiovascular Event in ACS Patients With an Achieved LDL-C Target at Follow Up After PCI | SpringerLink](#)
2. [The effects of atorvastatin on interventional therapy in patients with acute myocardial infarction. - Abstract - Europe PMC](#)
3. <https://lipidworld.biomedcentral.com/articles/10.1186/s12944-019-0979-6>
- 4 [Statin administration before percutaneous coronary intervention: impact on periprocedural myocardial infarction | European Heart Journal | Oxford Academic \(oup.com\)](#)
5. [Benefit of Early Statin Therapy in Patients With Acute Myocardial Infarction Who Have Extremely Low Low-Density Lipoprotein Cholesterol | Journal of the American College of Cardiology \(jacc.org\)](#)
6. [Executive.pdf \(philippinelipid.org.ph\)](#)

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