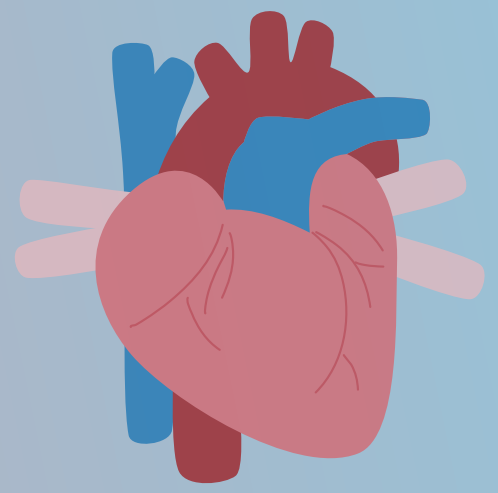


# HEART HEALTH CHECKLIST



## Questions to ask your doctor about Inflammation

### 01. Ask Your Doctor About Inflammation & Testing

#### Can you check if I have cardiovascular inflammation?

Ask for a **high-sensitivity C-reactive protein (hs-CRP)** test—it measures inflammation levels in your body and can predict heart attack and stroke risk

#### If my hs-CRP levels are high, what does that mean for my risk?

Studies show that patients with elevated hs-CRP (>2 mg/L) are at a higher risk of heart attacks and cardiovascular events, even if they are already on statins

#### I've heard that inflammation—not just cholesterol—is a major cause of heart disease. What do you think?

Reference Study: The **CANTOS Trial** (2017, NEJM) showed that targeting inflammation significantly reduced heart attacks—even in people with normal cholesterol

Cholesterol is NOT the biggest risk factor for heart disease

Recent research shows that Inflammation plays an equally—if not more—critical role in heart attacks and strokes

### 02. Ask About Treating Inflammation (Beyond Cholesterol)

#### If my inflammation levels are high, how can I lower them?

Many doctors focus only on lowering cholesterol with statins. However, research shows that **targeting inflammation** directly can further reduce heart attack risk

#### Are statins enough, or do I need additional treatment for inflammation?

Studies like **LoDoCo2** (NEJM, 2020) found that even patients on statins who received additional anti-inflammatory treatment had fewer heart attacks and strokes

#### Are there treatments approved specifically for reducing cardiovascular inflammation?

There is an **FDA-approved anti-inflammatory treatment for cardiovascular disease**. If your doctor is not familiar with it, ask them to look into the latest guidelines on treating inflammation in heart disease

#### Important

Ask your doctor for the only FDA-approved anti-inflammatory treatment for cardiovascular disease

Using off-label medications may not be approved for long-term heart health and could carry unnecessary risks including overdose!

### TAKE ACTION TODAY



Schedule an **appointment** with your doctor and bring this checklist with you



Ask for an **hs-CRP test**—it's a simple blood test that could save your life



Discuss **inflammation treatment** options—ensure you're getting the most comprehensive care



Stay informed—check the latest research on cardiovascular inflammation