

# Unblocked Heart Health

Take control of your health and empower yourself with knowledge. Discover the tools and information you need to spread awareness about cardiovascular diseases and make a positive impact on your heart health. Let's work together to drive action and inspire behavioral change for a healthier heart.

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

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...

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