

HIGH CHOLESTEROL PATIENT PROFILE

Every 40 seconds, an American adult dies from a heart attack, stroke, or related vascular disease, equating to nearly 800,000 deaths per year. Despite being largely preventable, high cholesterol is a main risk factor for heart disease. This is Sheryl's patient file – she is able to get her cholesterol under control through lifestyle changes like diet and exercise.



Name: Sheryl

Age: 42

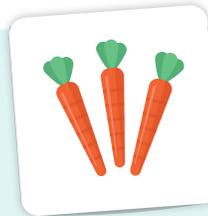
Job: Social Worker

Location: St. Louis, MO

Sheryl has known for several years she has high cholesterol and has been prescribed a statin therapy to help her manage it along with diet and exercise. Although Sheryl is diligent about taking her medicine, with her demanding job and life as a foster parent of three, she struggles to stay active and maintain a healthy diet. However, her doctor informs her that cholesterol is not where it needs to be and she needs to make some serious lifestyle changes.

Treatment

Sheryl diligently adopts a healthy diet and regular exercise routine. She walks every night after work with a group of friends at the local track and learns healthy recipes to improve her diet. Within six months Sheryl has lost 20 pounds, and she's never felt better.



New Diet



Exercise

Progress

At Sheryl's next check-up, her doctor credits her diet and exercise habits for her cholesterol levels, which are under better control. He reminds Sheryl that while she has made great progress, she needs to keep up with her new lifestyle, and continue to take her medicines consistently, in order to stay on track and remain healthy.

For millions of Americans like Sheryl, high cholesterol levels can be kept at bay with diet, exercise and statin therapy. But for a small patient population, a significant unmet medical need remains, underscoring the need for continued medical innovation to help patients live longer, healthier lives. Learn more at www.fromhopetocures.org/heartdisease

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