



## Fighting Heart Disease

(NAPSA)—Heart disease is the number one cause of death in the United States, but according to *America's Cholesterol Index*, a nationwide survey of cardiologists, more can be done to lower that risk.

Results from the *America's Cholesterol Index* survey show that ninety percent of the cardiologists feel that lowering patients' cholesterol levels reduced their risk for heart attacks. However, more than half (58%) believe doctors are not always aggressive enough in diagnosing high cholesterol and 77 percent feel that doctors are not aggressive enough in treating high cholesterol.

### **America's Cholesterol Index (ACI) Survey Highlights**

- 73 percent believe that with most patients, diet and exercise are not enough to control high cholesterol
- 90 percent strongly agree that statins, a class of cholesterol medication, can decrease mortality from cardiovascular disease
- 88 percent would like to see medication that can both reduce LDL (bad) cholesterol and raise HDL (good) cholesterol more effectively 

These findings support the updated guidelines recently issued by the National Cholesterol Education Program. According to these guidelines what was formerly designated borderline high cholesterol will now be considered high cholesterol.

"New treatments are in development that may be able to reduce LDL and raise HDL more effectively, and reduce triglycerides," said Karol Watson, MD, Director of the UCLA Center for Cholesterol and Hypertension Management.

The survey also revealed that 67 percent of the cardiologists expect cardiovascular disease to increase over the next century.