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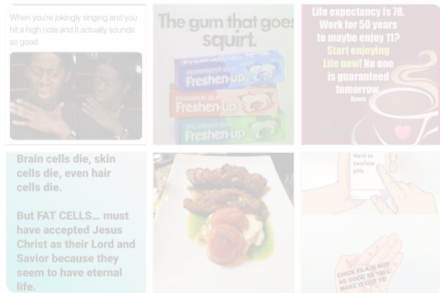
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Born to be Boomers with Repatha® (evolocumab)

November 16 at 10:14 AM · 🌐

Sponsored: Life changes once you have a heart attack, and your journey may no longer look like you thought. I witnessed my father and grandfather struggle with high cholesterol, and my father have a heart attack, even though they watched what they ate and lived active lifestyles. Those memories are why I've teamed up with Amgen, the maker of Repatha® (evolocumab), to help educate about heart health and the importance of managing high bad cholesterol (LDL). Repatha® is a breakthrough medication that can help dramatically lower bad cholesterol and reduce the risk of a heart attack in adults with heart disease.

And while I don't have high cholesterol, because of my family history, it's something I'm keeping a close eye on.

You may think balancing life with managing a condition like high bad cholesterol may be challenging. I'm here to tell you that you don't have to change who you are to live a heart healthy lifestyle. Remember, you're only human! There are easy, but important things you can do, like eat heart healthy foods like lentils and avocados, pay attention to your numbers and work with your healthcare provider as needed. I saw the importance of heart health and cholesterol management firsthand with my father and grandfather, so I'm encouraging everyone to learn more, talk to their doctors, and visit Repatha.com for more information about Repatha®. You can also read more on my blog here <https://borntobeboomers.com/does-heart-disease-run-in-your-family>.

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IMPORTANT SAFETY INFORMATION

Do not use Repatha® if you are allergic to evolocumab or to any of the ingredients in Repatha®.

Before you start using Repatha®, tell your healthcare provider about all your medical conditions, including if you are allergic to rubber or latex, are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed. The needle covers on the single-dose prefilled syringes and the inside of the needle caps on the single-dose prefilled SureClick® autoinjectors contain dry natural rubber. The single-dose Pushtronex® system (on-body infusor with prefilled cartridge) is not made with natural rubber latex.

Tell your healthcare provider or pharmacist about any prescription and over-the-counter medicines, vitamins, or herbal supplements you take.

What are the possible side effects of Repatha®?

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Please see full Prescribing Information bit.ly/2FbKM7G and Patient Product Information bit.ly/2HNNH3fv.

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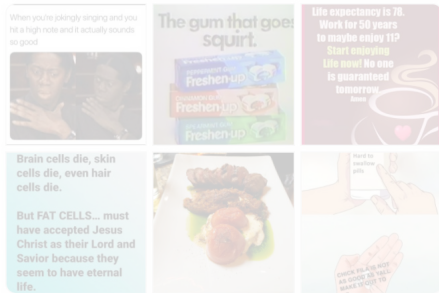
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triciaryansnow As my husband Jack and I age, I often think about my family history and how I can keep my cholesterol levels lower. Fortunately, we are managing this quite well with a healthy and active lifestyle. That is not the case for everyone – like my father and grandfather. And while I don't have high bad cholesterol (LDL), I do have a family history of it and take it seriously. This is why I've teamed up with Amgen, the maker of Repatha® (evolocumab), to tell you that you don't have to change who you are or give up what you love while managing high cholesterol through diet, exercise, and medication management. Remember, you're only human! Repatha® is a prescription medicine for adults with heart disease that can help dramatically lower bad cholesterol and reduce risk of heart attack.

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Does Heart Disease Run in Your Family? Learn Ways To Still Live Your Best Life!

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Sponsored: I will never forget hearing about my dad, driving down a winding mountain road while out of town for work, and he had to find a place to pull over and call 911 because he was having a heart attack. Thankfully, he was able to find a place to pull over and to get the help he needed. Had he not been able to pull over, he could have hurt others on the road.

Table of Contents

- 1. Life Changes
- 2. High bad Cholesterol
 - 2.1 Here are some important things you need to know about high cholesterol:
- 3. A Treatment Option

Life Changes

Life changes once you have a heart attack, and your journey may no longer look like you thought. I have watched my father and grandfather struggle with high bad cholesterol (LDL) even though they watched what they ate and lived active lifestyles.

My grandfather and father had no problem eating healthier thinking this would help impact their high bad cholesterol levels. But, unfortunately some people, like my dad and grandfather, need more. The good news is people who have recently had a heart attack can manage high bad cholesterol

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through diet, exercise and medication management (if needed) and still enjoy their lives.

High Bad Cholesterol



High bad cholesterol is a problem for many folks, even though they eat healthily and exercise. Through no fault of their own, their high cholesterol numbers can persist due to their genetics.

That is the challenging part; you can do everything right and still have high bad cholesterol. I am sure there were many times my dad just wanted to have a steak or grill out with friends. And this is ok! You don't have to give up what makes you feel human while maintaining a healthy lifestyle.

Here are some important things you need to know about cholesterol:

- Low-density lipoprotein (LDL) cholesterol is often called bad cholesterol. The reason LDL is called bad cholesterol is that it can build up in the walls of your arteries and form plaque, putting you at risk of a serious cardiovascular event, like a heart attack.
- High-density lipoprotein (HDL) is considered "good" because this type carries bad cholesterol away from the arteries.

A Treatment Option

It is essential to communicate with your doctor, eat right and have the right cholesterol-lowering medicines, if your doctor prescribes them.

Recently, I have learned about [Repatha®](#) (evolocumab). Repatha®, is a breakthrough medication that can help dramatically lower bad cholesterol and reduce the risk of a heart attack in adults with heart disease.

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