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New Results from Cholesterol Counts Show Most Americans Polled Do Not Know Their Bad Cholesterol (LDL-C) Levels

View the Interactive Maps on www.CholesterolCounts.com for a Snapshot of Cholesterol Awareness Across the U.S.

BRIDGEWATER, N.J. and TARRYTOWN, N.Y., Feb. 18, 2015 /PRNewswire/ -- Despite the fact that high LDL-C (bad cholesterol) is a critical heart health factor for adults,¹ 71 percent of Americans surveyed (n=2,033) are not sure of or do not recall their LDL-C (bad cholesterol) levels, according to the initial results from the [Cholesterol Counts](#) Poll released today during American Heart Month. Because high levels of bad cholesterol can contribute to cardiovascular disease, including heart attack and stroke,¹ knowing levels and talking to a doctor are important to help manage cholesterol and assess the risk of potential cardiac events.² The poll was conducted online by Harris Poll on behalf of Sanofi US and Regeneron Pharmaceuticals, Inc.

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View the interactive multimedia release here: <http://www.multivu.com/players/English/7420531-sanofi-regeneron-cholesterol-counts/>.

"It is concerning that the majority of Americans in our poll are not sure of or do not recall their LDL-C, or bad cholesterol, levels," said Ralph M. Vicari, MD, and vice president of Foundation of the National Lipid Association (FNLA). "As a cardiologist, I make it a point to write down and give my patients their numbers, and explain what they mean. We want every American to get 'counted' by taking the poll, go to their healthcare provider to get their cholesterol checked, learn their numbers, and encourage friends and family to do the same."

Americans are encouraged to visit www.CholesterolCounts.com to take the poll and see how their knowledge stacks up to the first wave of Americans who have already been counted. Initial results from more than 12,000 Americans are available on the website via interactive maps that compare national and state-by-state cholesterol awareness data. Sanofi US and Regeneron are collaborating with nationally-recognized patient and professional heart disease organizations, Foundation of the National Lipid Association, Preventive Cardiovascular Nurses Association and Mended Hearts on the program.

The initial results from the *Cholesterol Counts* Poll provide a snapshot of the current state of cholesterol knowledge in America. Out of the 2,033 Americans surveyed:

- **Nearly a third report having high bad cholesterol:** 29 percent of Americans surveyed have been told by a doctor or healthcare professional that they have high LDL-C (bad cholesterol).
- **Gaps in knowledge exist:** 44 percent of those surveyed reported they are not sure if LDL cholesterol is referred to as "bad" cholesterol.
 - Also, while more Americans surveyed ages 55 and older report being personally concerned (52 percent, n=418) about cholesterol compared to those ages 35-54 (37 percent, n=253), the percent of those surveyed who are not sure of or do not recall their LDL-C (bad cholesterol) levels are fairly similar for both age groups (79 and 77 percent, n=633 and n=524, respectively).
- **Some people are not being treated:** About a quarter - 27 percent (n=156) - of those surveyed who reported being told they have high LDL-C (bad cholesterol) say they have not taken a prescription medication to manage it.

At the state level, approximately 200 adults (18+) in each of the 50 states were surveyed:

- Four states tied for the highest percentage of people surveyed (37 percent) who reported being told by a healthcare provider that they have high LDL-C (bad cholesterol) - New Mexico, South Carolina, Tennessee and West Virginia.
- Massachusetts had the lowest percentage of people surveyed (21 percent) who reported being told they have high LDL-C (bad cholesterol).

"The results of the *Cholesterol Counts* Poll uncover a concerning situation. About a third of Americans surveyed self-reported high levels of LDL-C, but many of those surveyed are not sure that LDL-C is bad cholesterol," said Michele Packard-Milam, CAE, executive director of Mended Hearts. "There seems to be a gap in knowledge about LDL-C - we need to rally Americans

to become educated about their LDL-C numbers and what they mean to their heart health."^{1,2}

Cholesterol Counts continues to take a pulse on how much American adults know about cholesterol and their own cholesterol levels. The first wave of the poll was conducted online within the United States by Harris Poll among a nationally representative sample of 2,033 U.S. adults ages 18 and up from December 14-29, 2014, and representative samples in all 50 U.S. states among 10,024 adults ages 18 and up (about 200 per state) from December 15, 2014 - January 9, 2015. Results are based on a survey of 2,033 adults 18+ across the U.S. and approximately 200 adults 18+ in each of the 50 states. The results are weighted demographically and attitudinally to be representative of the national population and the population of each state. Complete survey methodology, including weighting variables and subgroup sample sizes, is available on www.CholesterolCounts.com.

The *Cholesterol Counts* Poll is also available on *CholesterolCounts.com*, and those who have not yet been counted can still take it. Results of the poll on the website will be added into the interactive maps throughout 2015.

About Sanofi

Sanofi, a global and diversified healthcare leader, discovers, develops and distributes therapeutic solutions focused on patients' needs. Sanofi has core strengths in the field of healthcare with seven growth platforms: diabetes solutions, human vaccines, innovative drugs, rare diseases, consumer healthcare, emerging markets and animal health and the new Genzyme. Sanofi is listed in Paris and in New York.

Sanofi is the holding company of a consolidated group of subsidiaries and operates in the United States as Sanofi US. For more information on Sanofi US, please visit <http://www.sanofi.us> or call 1-800-981-2491.

About Regeneron Pharmaceuticals, Inc.

Regeneron (NASDAQ: REGN) is a leading science-based biopharmaceutical company based in Tarrytown, New York that discovers, invents, develops, manufactures, and commercializes medicines for the treatment of serious medical conditions. Regeneron commercializes medicines for eye diseases, colorectal cancer, and a rare inflammatory condition and has product candidates in development in other areas of high unmet medical need, including hypercholesterolemia, oncology, rheumatoid arthritis, asthma, and atopic dermatitis. For additional information about the company, please visit www.regeneron.com.

About Foundation of the National Lipid Association (FNLA)

The Foundation of the National Lipid Association supports and conducts educational programs, research programs, and vital community outreach programs for both patients and clinicians in an effort to reduce cardiovascular events and deaths related to disorders of dyslipidemia and cholesterol metabolism. The FNLA develops and publishes patient information and programs to help inform the public about the importance of a patient's risk for developing heart disease or stroke. The Foundation of the NLA's website www.learnyourlipids.com is organized as a place for patients to understand the importance of knowing and managing your cholesterol levels including LDL cholesterol and other targets of therapy such as HDL cholesterol, and triglycerides. You can also follow us on Twitter [@LearnYourLipids](https://twitter.com/LearnYourLipids).

About Mended Hearts

Mended Hearts is a national, community-based, heart patient support network founded in 1951. With more than 20,000 members operating through 300 chapters, Mended Hearts is the largest cardiovascular patient support group in the world. Recognized for its role in facilitating a positive patient-care experience, Mended Hearts partners with over 450 hospitals and cardiac rehabilitation clinics offering heart patient support through visiting programs, group meetings and educational forums. Mended Hearts' mission is "Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support." For more information or to locate a chapter, visit www.mendedhearts.org, call 888-HEART-99 or email at info@mendedhearts.org.

About Preventive Cardiovascular Nurses Association (PCNA)

PCNA has established itself as the premier organization of nursing professionals dedicated to the prevention of cardiac and other vascular diseases throughout the lifespan. PCNA's mission includes developing and promoting nurses as leaders in this field and supporting comprehensive risk reduction strategies for individuals and populations. PCNA takes pride in supporting leadership, advocacy, lifelong learning and empowerment of the nursing community. To learn more about PCNA and their continuing education, free nursing tools, Annual Symposium and more, visit PCNA.net or join them on facebook.com/heartnurses or twitter [@heartnurses](https://twitter.com/heartnurses).

References

1. National Heart, Lung, and Blood Institute. "What is Cholesterol?" September 2012. <https://www.nhlbi.nih.gov/health/health-topics/topics/hbc/#>. Accessed January 2015.
2. American Heart Association. "Symptoms, Diagnosis & Monitoring of High Cholesterol." April 2014. http://www.heart.org/HEARTORG/Conditions/Cholesterol/SymptomsDiagnosisMonitoringofHighCholesterol/Symptoms-Diagnosis-and-Monitoring-of-High-Cholesterol_UCM_001214_Article.jsp. Accessed January 2015.

Sanofi Contact:

Media Relations

Carrie Brown

Tel: 908-981-6486

Carrie.Brown@sanofi.com

Regeneron Contact:

Media Relations

Arleen Goldenberg

Tel: 914-260-8788

Arleen.Goldenberg@regeneron.com

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