

# Doctor Discussion Guide

*Bring this guide with you to your next doctor appointment. The guide may help you keep track of the information you need to start managing your cholesterol numbers and maintain a healthy lifestyle.<sup>1</sup>*

## Questions to Ask About Blood Cholesterol

- What do my cholesterol numbers mean?
- What is my cholesterol goal?
- How long will it take to reach my cholesterol goals?
- How often should I have my levels checked?
- How does exercise affect my cholesterol levels?
- How does smoking affect my cholesterol levels?
- What type of foods should I eat?
- Do I need to lose weight, and if so, how much?
- Will I need cholesterol-lowering medicine?

## Questions to Ask About Drug Treatment

- What kind of medicine should I take?
- Can I take the generic form of the medicine?
- What should I know about the medicine?
- What are the side effects?
- How do I know if it's working?
- How can I remember when to take the medicine?
- What if I forget to take a medicine?
- Should I avoid any foods or other medicines?
- Can I drink alcohol?
- How long will I need to take my medicine?

## Questions You Have for your Doctor

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## Medicines, including over-the-counter treatments, supplements or herbs I am currently taking

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Reference: 1. Cholesterol questions to ask your doctor. American Heart Association website. [http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_305550.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_305550.pdf). Updated March 31, 2011. Accessed February 10, 2012.