

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.¹

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

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

Reference: 1. Cholesterol questions to ask your doctor. American Heart Association website. www.americanheart.org/presenter.jhtml?identifier=3006033. Updated June 12, 2008. Accessed June 9, 2009.