

Thoughtful Talks with My Health Care Professional: Understanding My Cholesterol Risk

Bring this sheet to your appointment and discuss the following questions.



Understand the Numbers

- What do my cholesterol numbers mean?

- Do I have a cholesterol goal?

- Do you think my cholesterol levels are due to my lifestyle, my family history or a combination of both?

- How long will it take to reach a healthier cholesterol level?

- How often should I have my cholesterol levels checked?



Assess Your Risk

- Do you think I'm at risk for a heart attack or stroke? Are my family members at risk?

- What else contributes to my risk?

- Is this something I should be concerned about now?



Explore Treatments

- What lifestyle changes can I make to lower my risk for heart disease?

- Do I need to lose weight, and if so, how much?

- What foods should I eat or avoid?

- In addition to lifestyle changes, what medications can I take to lower my risk?

- What can I do to help prevent a heart attack or stroke?

- Will I need to take cholesterol-lowering medicine?

- How will I know if statins or other medications are making a difference?

- What resources can help me learn more about this?

- **Next appointment date:** _____

- **Medication information**

Medication name: _____

Dosage: _____

Frequency: _____

Learn more at heart.org/cholesterol.