

Thoughtful Talks with My Health Care Professional: My Cholesterol Treatment Plan

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



Assess Your Risk

- If you're **between 20 and 39** years old, your health care professional may assess your lifetime risk of heart disease. If your risk is high or if you have a family history of early heart disease and have an LDL cholesterol level of 160 mg/dL or more, your doctor may recommend statin medications and lifestyle changes to lower your risk.

If you're **between ages 40 and 75**, you can use the **Check. Change. Control. Calculator™** to estimate your 10-year risk of having a heart attack or stroke.

My Risk Score: _____

- What does my risk score mean to me?

- How does my risk score affect my risk?

- Are additional tests needed?

Learn more at
heart.org/cholesterol.



Review Lifestyle Changes

- Discuss lifestyle changes and goals that could lower your LDL cholesterol. Record your goals and if you might need help making these changes.

Physical Activity: Interested in help

Weight: Interested in help

Healthy Eating: Interested in help

Not Using Tobacco Products: Interested in help

Other: Interested in help

- Ask your health care professional for information or materials for any "Interested in help" boxes you checked above.



Explore Treatments

- Statins may be right for you if:
 - your 10-year risk is high.
 - you've had a heart attack, stroke or blood clots.
 - you have very high LDL cholesterol levels.
 - you have diabetes.

- List potential statin side effects.

- Discuss the combination of statin and other medications if you're at high risk.

- If the cost of medicines is a concern, discuss potential out-of-pocket cost and medication assistance programs that may be available.

- **Next appointment date:** _____

- **Medication information**

Medication name: _____

Dosage: _____

Frequency: _____

Take the time to ask questions about the things you have discussed. **If you don't understand something, ask for clarification.**