Many people have questions for their doctors about tests, drug treatments, risk factors and lifestyle changes. Below are examples of common questions.

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 physical activity 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 how much?
____________________________________________________________________________________
____________________________________________________________________________________

Will I need cholesterol-lowering medicine?
____________________________________________________________________________________
____________________________________________________________________________________

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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?