

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

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



Assess Your Risk

- The most recent guidelines from the American Heart Association and the American College of Cardiology recommend that when it comes to LDL (bad) cholesterol, “lower is better” to reduce your risk of a heart attack or stroke.

If you're healthy, aim for an LDL below 100 mg/dL.

If you have a history of heart attack or stroke and are already on a cholesterol-lowering medication, your health care professional may aim for your LDL to be 70 mg/dL or lower.

Working closely with your health care professional can significantly reduce your risk of a heart attack or stroke.

My LDL Number: _____

- What does my LDL number mean?

- How does my LDL affect my risk of a heart attack or stroke?

- How do I know if LDL cholesterol has caused plaque buildup in my arteries?

- Are additional tests needed?



Review Lifestyle Changes

- Lifestyle changes alone may not be sufficient to lower your LDL cholesterol, but they can certainly decrease your overall risk of heart disease. Discuss your lifestyle changes and goals with your health care professional. 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.

Learn more at heart.org/cholesterol.