American Heart Association®
life is why®

Check. Change. *Control.*
CHOLESTEROL™

QUESTIONS FOR YOUR DOCTOR

This list of common questions about cholesterol will help you discuss test results, risk factors and lifestyle changes (including medication) with your doctor.

TAKE THIS SHEET TO YOUR NEXT APPOINTMENT AND USE THE SPACE PROVIDED TO WRITE DOWN YOUR DOCTOR'S COMMENTS.

QUESTIONS	COMMENTS
• What do my cholesterol numbers mean?	
• Do I have a cholesterol goal?	
• How long will it take to reach a healthier cholesterol level?	
• How often should I have my cholesterol levels checked?	
• Do you think my cholesterol levels are due to my lifestyle or to heredity, or a combination of both?	
• How do my lifestyle choices affect my cholesterol levels?	
• Are there other risk factors I need to watch or control because of my cholesterol levels?	
• What type of foods should I eat or avoid?	
• Do I need to lose weight and, if so, how much?	
• Will I need cholesterol-lowering medicine?	
• What resources are available to help me make lifestyle changes?	
• When would you like to see me next?	

Learn more about cholesterol at: **heart.org/cholesterol**

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