

By scheduling an appointment with your doctor, you're taking the first step toward reducing your risk of a heart attack or stroke. This discussion guide contains suggested questions and topics that can help you and your doctor work together to evaluate your current LDL-Cholesterol (LDL-C), or "bad" cholesterol levels, establish a treatment plan, and help you leave your appointment feeling empowered.



**RECOGNIZE THE RISK**

While high LDL-C may be one of the strongest influences on your chance of having a heart attack or stroke, it's important to evaluate your total heart health history. This will help inform your treatment plan and ensure you're addressing your cholesterol levels appropriately. Check any boxes you think may apply to you and discuss them as necessary with your doctor at your appointment.

- Current medical condition or history of: high cholesterol, heart attack, stroke, and/or congestive heart failure
- History of prior coronary artery bypass surgery
- Other conditions, such as diabetes, obesity, or high blood pressure
- Generally unhealthy diet and/or lack of exercise
- Risk factors including smoking and high stress
- Currently over the age of 65
- Family history of high cholesterol, heart attack or stroke



**TAKE CONTROL OF YOUR HIGH LDL-C**

For patients with cardiovascular disease, and especially for those who have had a heart attack or stroke, lower cholesterol is better.

If you know your current LDL-C, or "bad" cholesterol level, use the space below to write it down. If you do not know, ask your doctor for the number and whether or not it is considered high.

**My LDL-C:** \_\_\_\_\_



**MY CURRENT CHOLESTEROL MEDICATIONS**

Use this space to write down the medications you are currently taking to manage your high cholesterol.

\_\_\_\_\_  
\_\_\_\_\_



**MAKE THE COMMITMENT TO LOWERING YOUR RISK OF ANOTHER HEART ATTACK OR STROKE TODAY.**

Here are some questions you can ask your doctor at your next appointment. These will help ensure you and your doctor are considering all appropriate management options to lower your LDL-C levels.

- How do my current cholesterol levels affect my risk for experiencing a heart attack or stroke?
- What should my cholesterol level be?
- What else can I do to lower my cholesterol and reduce my risk of another heart attack or stroke?
- How often should I have my cholesterol checked?
- At what point might we need to discuss changing my treatment regimen?
- Is there any additional treatment I should consider?
- Should I have genetic testing for Familial Hypercholesterolemia?



**MY DOCTOR'S RECOMMENDATIONS**

Use this space to write down what you and your doctor agreed upon at your appointment.

\_\_\_\_\_  
\_\_\_\_\_

**MY NEXT APPOINTMENT**

**Date** \_\_\_\_\_ **Time** \_\_\_\_\_

**Notes**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**OUR PARTENERS**



**WOMENHEART**  
THE NATIONAL COALITION FOR WOMEN WITH HEART DISEASE

