

# Doctor discussion guide: getting tested

Bring this printout to your next doctor's appointment. It will help your doctor evaluate whether you need a cholesterol test or other tests to assess your heart disease risk.

## I think I may need a cholesterol test because:

- I'm concerned about my cholesterol levels.
- I have one of the risk factors listed below.
- I had a cholesterol test before and my doctor recommended that I have a follow-up test.

I am  years old.

## My gender is (check one):

- female
- male

## I have the following risk factors (check all that apply):

- I've been through menopause.
- I have diabetes.
- I have high blood pressure.
- I have chronic kidney disease.
- I have atherosclerosis (hardening of the arteries).
- I have lupus, rheumatoid arthritis, or psoriasis.
- I am taking medications for HIV.
- I smoke.
- I am overweight.
- My family members had heart disease at an early age (before age 60).
- For men: I suffer from erectile dysfunction (difficulty getting or maintaining an erection).
- High cholesterol runs in my family.

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## I have some questions about cholesterol testing:

1. Do I need a cholesterol test?
2. Are there any special instructions I should follow before the test?
3. How often should I have my cholesterol tested?
4. When will I get the results?
5. Do I need any other tests to check my risk of developing heart disease?

6. Other:

7. Other:

8. Other:

## Doctor's recommendations (to be filled out by your doctor):

- Have a cholesterol test
- Have other tests (e.g., blood pressure, blood sugar, hs-CRP levels):
- Return for a follow up appointment (date/time):

## Notes:
