

Doctor discussion guide: managing cholesterol

Bring this printout to your next doctor's appointment. It will help you and your doctor work together to set goals for treatment, evaluate the success of your treatment, and reduce your risk of side effects.

I have high cholesterol, or I don't know my cholesterol levels – which one best describes you?

- I have been diagnosed with high cholesterol.
- I don't know my cholesterol levels.

Setting treatment goals and tracking your progress

Setting goals will help you evaluate the success of your treatment. Ask your doctor to fill out the following chart at your visit.

My treatment goals (ask your doctor to check all that apply and fill in levels)

Test	My targets	My results
<input type="checkbox"/> LDL-C	<input type="checkbox"/> decrease at least 50% <input type="checkbox"/> less than 2 mmol/L <input type="checkbox"/> other:	
<input type="checkbox"/> apoB	<input type="checkbox"/> less than 0.80 g/L <input type="checkbox"/> other:	
<input type="checkbox"/> total cholesterol to HDL cholesterol ratio (TC: HDL-C ratio)	<input type="checkbox"/> less than 4.0 <input type="checkbox"/> other:	
<input type="checkbox"/> hs-CRP	<input type="checkbox"/> less than 2.0 mg/L <input type="checkbox"/> other:	
<input type="checkbox"/> non-HDL cholesterol	<input type="checkbox"/> less than 3.5 mmol/L <input type="checkbox"/> other:	
<input type="checkbox"/> triglycerides	<input type="checkbox"/> less than 1.7 mmol/L <input type="checkbox"/> other:	

Doctor discussion guide: managing cholesterol

Test	My targets	My results
<input type="checkbox"/> apoB:apoA1 ratio	<input type="checkbox"/> less than 0.80 <input type="checkbox"/> other:	
<input type="checkbox"/> Other goals (e.g., lose 10 lbs, quit smoking)		
<input type="checkbox"/> Other goals (e.g., lose 10 lbs, quit smoking)		
<input type="checkbox"/> Other goals (e.g., lose 10 lbs, quit smoking)		
<input type="checkbox"/> Other goals (e.g., lose 10 lbs, quit smoking)		

Tracking my progress:

The table above has a space for today's results. Use the Cholesterol Diary (you can find the diary under "Health tools") to track your progress over time.

My treatments (check all that apply; if needed, ask your doctor for help)

Medication	I'm using it	I'd like to learn more
Statins		
<input type="checkbox"/> Crestor® (rosuvastatin); generic brands also available	<input type="checkbox"/> How long?	<input type="checkbox"/>
<input type="checkbox"/> Lescol/Lescol XL® (fluvastatin)	<input type="checkbox"/> How long?	<input type="checkbox"/>
<input type="checkbox"/> Lipitor® (atorvastatin; also available in combination with amlodipine under the brand name Caduet®); generic brands also available	<input type="checkbox"/> How long?	<input type="checkbox"/>
<input type="checkbox"/> Mevacor® (lovastatin); generic brands also available	<input type="checkbox"/> How long?	<input type="checkbox"/>

Doctor discussion guide: managing cholesterol

Medication	I'm using it	I'd like to learn more
<input type="checkbox"/> Pravachol® (pravastatin; also available in combination with acetylsalicylic acid [ASA] under the brand name PravASA®); generic brands also available <input type="checkbox"/> Zocor® (simvastatin); generic brands also available	<input type="checkbox"/> How long? <input type="checkbox"/> How long?	<input type="checkbox"/> <input type="checkbox"/>
Cholesterol absorption inhibitor		
<input type="checkbox"/> Ezetrol® (ezetimibe)	<input type="checkbox"/> How long?	<input type="checkbox"/>
Resins		
<input type="checkbox"/> Colestid® (colestipol) <input type="checkbox"/> cholestyramine (generic brands) <input type="checkbox"/> Lodalix® (colesevelam)	<input type="checkbox"/> How long? <input type="checkbox"/> How long? <input type="checkbox"/> How long?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fibrates		
<input type="checkbox"/> Bezalip SR® (bezafibrate); generic brands also available <input type="checkbox"/> Lipidil Micro®, Lipidil Supra®, Lipidil EZ® (fenofibrate); generic brands also available <input type="checkbox"/> Lopid® (gemfibrozil); generic brands also available	<input type="checkbox"/> How long? <input type="checkbox"/> How long? <input type="checkbox"/> How long?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Niacin (single and combination products)		
<input type="checkbox"/> Advicor® (niacin plus lovastatin) <input type="checkbox"/> Niaspan®, Niaspan FCT® (extended-release niacin) <input type="checkbox"/> Other niacin products (e.g., generic brands of slow-release and immediate-release niacin)	<input type="checkbox"/> How long? <input type="checkbox"/> How long? <input type="checkbox"/> How long?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> I'm not currently taking medications for my cholesterol.		

Doctor discussion guide: managing cholesterol

Other strategies to manage heart disease risk	I'm using it	I'd like to learn more
<input type="checkbox"/> Healthy diet	<input type="checkbox"/> How long?	<input type="checkbox"/>
<input type="checkbox"/> Exercise	<input type="checkbox"/> How long?	<input type="checkbox"/>
<input type="checkbox"/> Reaching/maintaining a healthy weight	<input type="checkbox"/> How long?	<input type="checkbox"/>
<input type="checkbox"/> Regular cholesterol testing	<input type="checkbox"/> How long?	<input type="checkbox"/>

Managing my side effects

My plan to manage side effects (ask your doctor to check all that apply to you and to fill in the blanks):

- Make sure I'm on the most appropriate dose for my medication.
- Make sure I'm taking my medication as directed and not accidentally taking extra doses.

Know which side effects to watch for:

Contact my doctor if I notice any side effects or changes that worry me.

Other:

Doctor discussion guide: managing cholesterol

Other concerns about my cholesterol treatment (check all that apply to you)

- I'm not sure if I'm on the most appropriate cholesterol medication.
- I'm not sure what my treatment goals are.
- I don't know if I am reaching my cholesterol targets.
- I'm not sure if I really need my cholesterol medication.
- I'm having trouble staying motivated to take my medication.
- I'm not sure how to use my cholesterol medication.
- I'm concerned that my cholesterol medication may interact with my other medications.
- I keep forgetting to take my cholesterol medication.

I have some questions about my cholesterol treatment

1. Why is it important to lower my cholesterol?
2. How often should I have my cholesterol tested?
3. What do my cholesterol numbers mean?
4. Which numbers are important, and why?
5. What are my treatment goals?
6. Have my cholesterol levels improved? How close am I to reaching my treatment goals?
7. Am I on the most appropriate cholesterol medication?
8. Am I on the most appropriate dose of my medication?

Doctor discussion guide: managing cholesterol

I have some questions about my cholesterol treatment

9. Do I need to make any adjustments to my medication treatment to meet my treatment goals?
10. What else can I do to reach my cholesterol targets and reduce my risk of developing heart disease? For example, what lifestyle changes can I make (such as eating well, physical activity, weight control, quitting smoking, or drinking less)? Why are these lifestyle changes so important in managing cholesterol?
11. Should I have any other tests (e.g., blood pressure, blood sugar testing, hs-CRP testing) to assess my risk of developing heart disease and its complications?

If a new treatment is recommended, I have some questions:

1. How do I use this treatment?
2. What are the benefits of this treatment? How much will this treatment help reduce my cholesterol and my risk of developing heart disease?
3. When can I expect it to start working?
4. What can I do if I'm not sure whether my treatment is working?
5. What side effects should I expect? What should I do to reduce my risk, and what should I do if side effects occur?

Other questions:

Doctor discussion guide: managing cholesterol

Notes:
