

# Doctor discussion guide: finding a treatment that's right for you

Bring this printout to your next doctor's appointment. It will help your doctor find the cholesterol treatment that's right for you.

## 1. My treatment preferences and questions (complete before the visit)

### Treatment preferences

Issue	How important is it to me?
Get my cholesterol as low as possible.	<input type="checkbox"/> not very important <input type="checkbox"/> somewhat important <input type="checkbox"/> very important
Minimize my risk of side effects.	<input type="checkbox"/> not very important <input type="checkbox"/> somewhat important <input type="checkbox"/> very important
Minimize the risk of interactions with my other medications.	<input type="checkbox"/> not very important <input type="checkbox"/> somewhat important <input type="checkbox"/> very important
Convenient dosing.	<input type="checkbox"/> not very important <input type="checkbox"/> somewhat important <input type="checkbox"/> very important
Affordable cost.	<input type="checkbox"/> not very important <input type="checkbox"/> somewhat important <input type="checkbox"/> very important
Other: <input type="text"/>	<input type="checkbox"/> not very important <input type="checkbox"/> somewhat important <input type="checkbox"/> very important
Other: <input type="text"/>	<input type="checkbox"/> not very important <input type="checkbox"/> somewhat important <input type="checkbox"/> very important
Other: <input type="text"/>	<input type="checkbox"/> not very important <input type="checkbox"/> somewhat important <input type="checkbox"/> very important

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## Treatment questions:

- Do you think healthy lifestyle changes will be enough to lower my cholesterol, or will I also need medication treatment?
- Which medication would you recommend?
- What is the most appropriate dose to control my cholesterol?
- How do I use the medication?
- When can I expect the medication to start working?
- How will I know that the medication is working?
- What cholesterol levels should I aim for?
- What side effects should I watch out for, and what should I do if they occur?
- Will the medication interact with my other medications?
- Should I have any other tests (e.g., blood pressure, blood sugar, hs-CRP testing) to assess my risk of developing heart disease and its complications?
- Other:
- Other:
- Other:

## 2. My doctor's recommendations (doctor to complete at visit):

### A. Recommended adjustments to treatment plan (doctor to complete by checking all that apply and filling in dose, if applicable):

Doctor's recommendations (to be filled out by your doctor):	Dose
<b>Statins</b>	
<input type="checkbox"/> Crestor® (rosuvastatin); generic brands also available	
<input type="checkbox"/> Lescol/Lescol XL® (fluvastatin)	
<input type="checkbox"/> Lipitor® (atorvastatin; also available in combination with amlodipine under the brand name Caduet®); generic brands also available	

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Doctor's recommendations (to be filled out by your doctor):	Dose
<b>Statins</b>	
<input type="checkbox"/> Mevacor® (lovastatin); generic brands also available <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	
<b>Cholesterol absorption inhibitor</b>	
<input type="checkbox"/> Ezetrol® (ezetimibe)	
<b>Resins</b>	
<input type="checkbox"/> Colestid® (colestipol) <input type="checkbox"/> Cholestyramine (generic brands) <input type="checkbox"/> Lodalis® (colesevelam)	
<b>Fibrates</b>	
<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	
<b>Niacin (single and combination products)</b>	
<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)	

