

# DOCTOR DISCUSSION GUIDE

Communicating effectively with your doctor can go a long way to help ensure that you're getting the best cholesterol management. Your total cholesterol management plan may include diet, exercise and medication. To help you have a productive conversation, we've included some questions that you might want to take with you to discuss with your physician on your next office visit. We've also included a space for you to write additional questions of your own.

## General Questions

What are my cholesterol levels, including LDL, HDL and triglycerides?

Are my cholesterol and triglyceride levels in a healthy range?

If not, what should my cholesterol levels be, including my LDL, HDL and triglycerides?

What are the potential health risks associated with high LDL and triglycerides and low HDL?

What other factors can affect my cholesterol and triglyceride levels?

When should I schedule a follow-up appointment?

## Questions about Your Management Plan

What changes should I make to my diet?

What type of exercise do you recommend for me?

How often should I take my medication?

Will this medication interact with any other medications I'm currently taking?

How will I know if my management plan is working for me?

How long should I expect to be on this medication?

## Additional Questions

---

---

---