

Talk to your doctor about standing up to bad cholesterol

It's important to keep track of your bad cholesterol (LDL) levels. This guide can help you have an open conversation with your doctor about taking the next step toward lowering your bad cholesterol.

1 Do you have someone in your close whānau with known elevated cholesterol?

This includes a parent, sibling, or child.

- ☐ Yes
- ☐ No
- ☐ Unknown

2 Has anyone in your close whānau been diagnosed with heart disease at a young age? (before 60 for women, or before 55 for men)

- ☐ Yes
- ☐ No
- ☐ Unknown

3 For people with known heart disease, the recommended cholesterol (LDL-C) level is less than 1.4 mmol/L.

Do you know your number? _____ mmol/L

4 What are the top 3 reasons you want to lower your LDL?

- ☐ I worry about having a heart attack, stroke, or other serious health problems
- ☐ I try to be as health conscious as possible
- ☐ I do it for my family who depend on me to be there for them
- ☐ My doctor recommends it
- ☐ Other _____

5 What challenges, if any, have you faced when making changes to your lifestyle?

- ☐ Remembering to take my medication on time, as directed
- ☐ Improving my diet and increasing my activity level
- ☐ Limiting unhealthy habits, like smoking and drinking alcohol in excess
- ☐ Dealing with other health issues, such as diabetes or hypertension
- ☐ Worrying about paying for my medication

6 Do you feel like you know what else you can do to lower your bad cholesterol?

- ☐ Yes, I know what additional changes I can make
- ☐ No, I need help to better understand what else I can do
- ☐ Unsure if I need to be doing more

7 On a scale of 1 to 10 (1 = not worried at all, 10 = very worried) how concerned are you about your cholesterol?

1 2 3 4 5 6 7 8 9 10