

CHOLESTEROL - QUESTIONS TO ASK YOUR DOCTOR

Many people have questions for their doctors about tests, drug treatments, risk factors and lifestyle changes. Below are examples of common questions.

American Heart Association



Learn and Live

What do my cholesterol numbers mean?

What is my cholesterol goal?

How long will it take to reach my cholesterol goals?

How often should I have my levels checked?

How does physical activity affect my cholesterol levels?

How does smoking affect my cholesterol levels?

What type of foods should I eat?

Do I need to lose weight and how much?

Will I need cholesterol-lowering medicine?

What kind of medicine should I take?

Can I take the generic form of the medicine?

What should I know about the medicine?

What are the side effects?

How do I know if it's working?

How can I remember when to take the medicine?

What if I forget to take a medicine?

Should I avoid any foods or other medicines?

Can I drink alcohol?

How long will I need to take my medicine?
