

# HealthyActions

Achieving Your Goals for Healthy Living



## Cholesterol Care Guide: What Should You Ask Your Doctor?

In the United States, more men and women die from heart disease than from any other medical condition.<sup>1</sup>

### Heart disease

A condition that affects the heart muscle or blood vessels.

### Cholesterol

A waxy film that can build up and clog the blood flow in your body.

### Arteries

Tubes that bring fresh blood to your heart and body.

Your Name \_\_\_\_\_

### Why Is Cholesterol Important?

In the United States, more men and women die from heart disease than from any other medical condition.<sup>1</sup> Your blood cholesterol (cole-es-ter-all) levels have a lot to do with having heart disease.

### How Does Cholesterol Cause Heart Disease?

There are different kinds of cholesterol in your body.

Too much LDL cholesterol in your blood can lead to buildup in your arteries. This clogs the blood flow to your heart, brain, and other areas of your body. If blood flow to your heart is cut off completely, you will have a heart attack.

HDL is another kind of cholesterol in your blood. It helps remove LDL cholesterol from your arteries.

### How Do I Know If I Have High Cholesterol?

You may have high cholesterol and feel fine, but you are at greater risk for having heart disease. That's why it's important to have your blood cholesterol levels measured. The best test is called a lipoprotein (lie-po-pro-teen) profile. You should not eat for 12 hours before having the test. Most people have it done first thing in the morning.

### Lipoproteins

Proteins that carry cholesterol through the body.

### Questions to ask your doctor:

What do my cholesterol numbers mean?

Do I have other risk factors for heart disease?

What is my heart disease risk (high, moderate, or low)?

What things affect my cholesterol levels?



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**Triglycerides—Fats**  
you get from food and that  
your body makes.

After you and your doctor have filled out this page, have your doctor make a copy of it for your chart. Take a copy home. Put it where it will remind you to manage your cholesterol.

## Know Your Cholesterol Numbers

Your doctor can help you understand what your test numbers mean. And you will learn how you can make them better. Take this brochure to your doctor visits. Have your doctor help you fill it out.

	Date	Date	Date
Total cholesterol			
LDL (bad) cholesterol			
HDL (good) cholesterol			
Triglycerides			

## Goals for Your Cholesterol Levels

	Goals
Total cholesterol	
LDL (bad) cholesterol	
HDL (good) cholesterol	
Triglycerides	

## Follow-up & Contacts

Follow-up appointment dates: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

How and when should I schedule lab tests? \_\_\_\_\_

Doctor: \_\_\_\_\_ Phone number: \_\_\_\_\_

### Reference

1. Rosamund W, Flegal K, Friday G, et al. Heart Disease and Stroke Statistics—2007 Update: A Report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Circulation*. 2007;115:e69-e171.

