

Using medicines to control your high cholesterol

Bring this sheet to your next doctor visit.

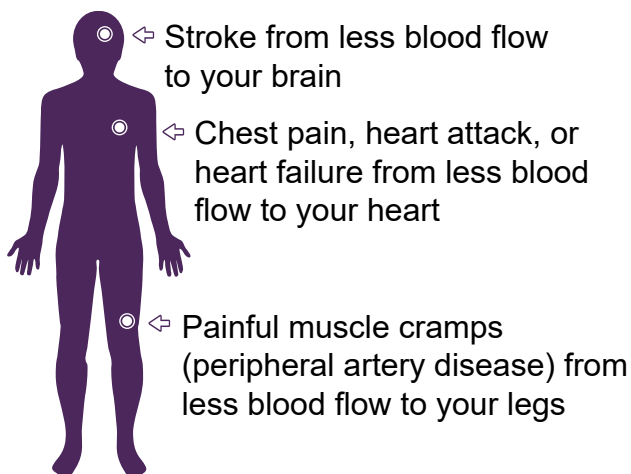
Cholesterol is a waxy, fat-like substance in your blood.


Triglycerides are a type of fat in your blood.

Why are high cholesterol and triglycerides problems?

So, your doctor says you have high cholesterol, high triglycerides, or both. This usually happens from eating high-fat foods, or it may run in your family.

High cholesterol and triglycerides usually don't cause symptoms you notice, but if they're not treated they may clog your blood vessels and can raise your chance of:



 Problems like these can cost a lot in high medical bills.

Luckily, you can help improve high cholesterol and triglycerides over time by eating healthy foods, being active, and taking the medicines your doctor prescribes.

3 ways to lower your cholesterol and triglycerides

1 Work with your doctor to make an action plan

Your doctor will help you create an action plan to lower your cholesterol and triglycerides. Ask your doctor these questions and write the answers on the lines below.



- What is my chance of having a heart attack in the next 10 years:
 - If I take medicine to lower my numbers? _____ % chance
 - If I **don't** take medicine to lower my numbers? _____ % chance
- How often should I get my cholesterol and triglycerides checked?
_____ times each _____ (year, month, week, day)
- Before my test, how long should I not eat or drink anything (except water)?
_____ hours before

- What are my cholesterol and triglyceride numbers? Write them below:

My check-ups:	LDL “bad” cholesterol	HDL “good” cholesterol	Total cholesterol	Triglyceride fat
	Goal: Aim to lower this to less than _____ mg/dL	Goal: Aim to raise this to at least _____ mg/dL	Goal: Aim to lower this to less than _____ mg/dL	Goal: Aim to lower this to less than _____ mg/dL
1st visit Date: _____	_____	_____	_____	_____
2nd visit Date: _____	_____	_____	_____	_____
3rd visit Date: _____	_____	_____	_____	_____

2 Take your medicine

Your doctor has prescribed 1 or more medicines to help lower your chance of heart disease and stroke. Talk to your doctor if you have concerns about taking your medicines or if side effects bother you, such as upset stomach or muscle pain. They may be able to change your medicine or how much you take.



- Keep taking your medicines** until your doctor says you can stop – stopping on your own may be dangerous.
- My medicines to lower my cholesterol, triglycerides, or both** (if you take more than 2 medicines, write them on another sheet)

Name of medicine 1: _____	Special instructions (such as take with food, avoid any food or drink, possible side effects): _____ _____
What times to take it: ____ am/pm ____ am/pm ____ am/pm	Get a refill every _____ month(s)

Name of medicine 2: _____	Special instructions (such as take with food, avoid any food or drink, possible side effects): _____ _____
What times to take it: ____ am/pm ____ am/pm ____ am/pm	Get a refill every _____ month(s)

3 Get active and eat healthy foods



You'll help your medicines work better with healthy choices. Check actions you're ready to take:

Work with my doctor or a dietician to make a healthy eating plan

Be active for 30 minutes a day most days of the week

Try:



Eat foods that are low in cholesterol and triglycerides by eating more fresh fruits, veggies, and home-cooked meals and fewer packaged foods and restaurant meals

Try:



Drink less than 1-2 servings of alcohol each day (a serving is a 12 ounce glass of beer, a 5 ounce glass of wine, or a 1½ ounce shot of a hard liquor)

Try:



Quit smoking – I'll call the free Missouri Tobacco Quitline: **1-800-QUIT-NOW** (1-800-784-8669) or work with my doctor

Notes:

Learn more

Visit these websites and enter "cholesterol" or "triglycerides" in the site's Search box:



Million Hearts:
millionhearts.hhs.gov



American Heart Association:
heart.org



Mayo Clinic:
mayoclinic.org