



American Heart Association®  
Reduce Your Risk™

# QUESTIONS FOR MY DOCTOR



This list of common questions about LDL "bad" cholesterol will help you discuss test results, risk factors, medications and lifestyle changes with your doctor.

**TAKE THIS SHEET TO YOUR NEXT APPOINTMENT AND USE THE SPACE PROVIDED TO WRITE DOWN YOUR DOCTOR'S COMMENTS. OR, SAVE THIS FORM ON YOUR DEVICE TO EASILY FILL IT OUT AT YOUR CONVENIENCE.**

- What does my LDL cholesterol level mean?  
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- What does high cholesterol do to my body?  
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- How do I know if LDL has caused plaque in my arteries?  
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- Do I have an LDL cholesterol goal?  
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- How long will it take to reach a healthier LDL cholesterol level?  
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- How often should I have my cholesterol checked?  
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- Do you think my LDL cholesterol level is due to my lifestyle or to hereditary, or a combination of both?  
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- Are diet and exercise enough to lower my LDL cholesterol level?  
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- What cholesterol-lowering medication will you prescribe? Are there any side effects I should be aware of?  
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- How will I know if my medication is working and how long will that take?  
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- When would you like to see me next?  
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- When should my next cholesterol test be?  
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Learn more at [heart.org/LDL](https://heart.org/LDL)

The American Heart Association's LDL-C  
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