



Assess Your Risk

- **LDL cholesterol** is often called “bad” cholesterol because it can build up in arteries. Over time, this can narrow the arteries and increase the risk for **heart attack** and **stroke**. Lower LDL levels are linked with better heart and brain health. The right goal for you depends on various factors related to your health. Your LDL goal may be based on things such as:

- Age
- Overall health
- Family history
- Whether you have Type 1 or Type 2 diabetes
- History of heart attack or stroke

For some people, an LDL goal may be below 100 mg/dL. For others, the goal may be below 70 mg/dL or below 55 mg/dL for people at very high risk of a heart attack or stroke. Your health care professional can help determine the goal that's right for you.

My LDL level: _____

- What does my LDL level mean?

- How do I know if LDL has caused plaque buildup in my arteries?

- Are there additional tests that might help you more fully assess my risk for a heart attack or stroke?



Review Lifestyle Changes

- Healthy **lifestyle habits** such as eating well and being physically active can help lower your LDL level. You might consider adding more **physical activity** that you enjoy, finding ways to reach or maintain a healthy weight and **eating** more vegetables, fruits and whole grains. If you smoke, quitting can be one of the best steps you can take for your heart. Record your goals and if you might need help making these changes.

Physical Activity: ☐ Interested in help

Weight: ☐ Interested in help

Healthy Eating: ☐ Interested in help

Not Using Tobacco Products: ☐ Interested in help

Other: ☐ Interested in help

- Ask your health care professional for information or materials for any boxes you checked above.



Explore Treatments

- Statins may be right for you if:
 - ☐ Your 10-year risk is high
 - ☐ You've had a heart attack, stroke or blood clots
 - ☐ You have a very high LDL level
 - ☐ You have high cholesterol and certain health conditions, such as **type 2 diabetes**, **cardiovascular-kidney-metabolic** syndrome, HIV infection, history of cancer or current **cancer** diagnosis
- List potential statin side effects.

- Discuss the combination of statin and other medications if you're at high risk.

- If the cost of medication is a concern, ask about potential out-of-pocket costs and medication assistance programs that may be available.

● **Next appointment date:** _____

● **Medication information**

Medication name: _____

Dose: _____

Frequency: _____

Take the time to ask questions about the things you have discussed. **If you don't understand something, ask for clarification.**

Learn more at heart.org/cholesterol.