

## Questions to ask your doctor

As with any health condition, it's important to talk to your doctor about your lipid levels, the possible risks they pose to your health and what steps you can take to limit your chances of developing heart disease.

Print out these questions and bring them with you next time you see your doctor.

**What are my risk factors for heart disease?** \_\_\_\_\_

**Which factors can I change?** \_\_\_\_\_

**What are my LDL, HDL and triglyceride levels?**

LDL \_\_\_\_\_

HDL \_\_\_\_\_

Triglycerides \_\_\_\_\_

**Do these levels put me at risk?** \_\_\_\_\_

**What are healthy LDL, HDL and triglyceride levels for me?**

LDL \_\_\_\_\_

HDL \_\_\_\_\_

Triglycerides \_\_\_\_\_

**What lifestyle changes should I make to improve my LDL, HDL and triglyceride levels?**

\_\_\_\_\_

**What types of exercise should I be doing?** \_\_\_\_\_

**What types of food should I be eating or avoiding?**

\_\_\_\_\_

**Do I need medication to improve my lipids?** \_\_\_\_\_

**What are the side effects of my medication?**

\_\_\_\_\_

**What are the specific directions for taking this medication?**

\_\_\_\_\_

**How long will it take me to achieve "healthy" numbers?** \_\_\_\_\_

**When do I need to have my lipid profile repeated?** \_\_\_\_\_