

High Cholesterol: Choosing your treatment

1. **What's the issue?** Your cholesterol level is high: _____
 Your target cholesterol level: _____

2. **Why is that a problem?** High cholesterol can increase your chances of heart attack, stroke, and death.

3. **There are options for treating high cholesterol.** Circle options you want to talk about. Your clinician may circle some too. You may choose multiple options.

TREATMENT OPTIONS	Frequently Asked Questions			
	What are some reasons to choose this option?	What are some reasons <u>not</u> to choose this option?	What do I have to do?	How long do I need to make changes?
No treatments at this time	It is easy to make no changes at this time.	For many, higher chance of having a problem.	No changes to what you are doing now. Your clinician may request a follow-up visit.	No changes are being made.
Diet & Exercise	If you made changes, you could lower your chance of having a problem.	It might be hard to make these changes. Diet & exercise might not be enough to reach target cholesterol.	Change diet: increase fruit and vegetable consumption. Exercise at least 30 minutes most days.	Until target level is reached, and possibly longer.
Medication	Taking medicine can help lower your cholesterol and lower your chance of having a problem.	Medications can cause side effects including: muscle pain, fatigue, and liver problems. Medicines can be expensive Some cholesterol medications can interact with other prescription and non-prescription medications	Take medicine every day. Get regular blood tests to check cholesterol levels and liver function.	The benefit of medication therapy is seen after taking the medication for several years. It is a long-term treatment.
Other Options (please write in)				

4. **What's most important to you as we make this decision?** _____

5. **What did we decide today?** Try: _____ **Decide later:**
- need more information
 - need to discuss with others
 - need to think about it more

6. **What are the next steps and follow-up?** _____