High Cholesterol Treatment Worksheet

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.

TREATMENT OPTIONS	Frequently Asked Questions			
	What are some reasons to choose this option?	**What are some reasons not 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: limit high fat foods, reduce calories. Exercise at least 30 minutes most days.	Until target level is reached, and possibly longer.
Medicine (Statins)	Taking medicine can help lower your cholesterol and lower your chance of having a problem.	Statins can cause side effects including: muscle pain, fatigue, and liver problems.	Take medicine every day. Get regular blood tests to check cholesterol levels and liver function.	Until target level is reached, and possibly longer.
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? _____
_____

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