

DOCTOR DISCUSSION GUIDE:

FINDING A TREATMENT THAT'S RIGHT FOR YOU

Bring this printout to your next doctor's appointment. It will help you and your doctor find the cholesterol treatment that's right for you.

1. MY TREATMENT PREFERENCES AND QUESTIONS (COMPLETE BEFORE THE VISIT)

Treatment preferences

Issue	How important is it to me?
	1 = not very important 2 = somewhat important 3 = very important
Get my cholesterol as low as possible.	
Minimize my risk of side effects.	
Minimize the risk of interactions with my other medications.	
Convenient dosing	
Affordable cost	
other: _____	
other: _____	
other: _____	

Treatment questions:

- Do you think healthy lifestyle changes will be enough to lower my cholesterol, or will I also need medication treatment?
- Which medication would you recommend?
- What is the most appropriate dose to control my cholesterol without causing too many side effects?
- How do I use the medication?
- When can I expect the medication to start working?
- How will I know that the medication is working?
- What cholesterol levels should I aim for?
- What side effects should I watch out for, and what should I do if they occur?
- Will the medication interact with my other medications?
- Should I have any other tests (such as CRP-C testing) to assess my risk of developing heart disease and its complications?
- Other: _____
- Other: _____
- Other: _____

2. MY DOCTOR’S RECOMMENDATIONS (DOCTOR TO COMPLETE AT VISIT):

A. Recommended adjustments to treatment plan (doctor to complete by checking all that apply and filling in dose, if applicable):

Medication	Dose
Statins	
<input type="checkbox"/> Crestor® (rosuvastatin)	
<input type="checkbox"/> Lescol/Lescol XL® (fluvastatin)	
<input type="checkbox"/> Lipitor® (atorvastatin; also available in combination with amlodipine under the brand name Caduet®)	
<input type="checkbox"/> Mevacor® (lovastatin); generic brands also available	
<input type="checkbox"/> Pravachol® (pravastatin; also available in combination with acetylsalicylic acid [ASA] under the brand name PravASA®); generic brands also available	
<input type="checkbox"/> Zocor® (simvastatin); generic brands also available	

Medication	Dose
Cholesterol absorption inhibitor	
<input type="checkbox"/> Ezetrol® (ezetimibe)	
Resins	
<input type="checkbox"/> Colestid® (colestipol)	
<input type="checkbox"/> cholestyramine (generic brands)	
Fibrates	
<input type="checkbox"/> Bezalip SR® (bezafibrate); generic brands also available	
<input type="checkbox"/> Lipidil Micro®, Lipidil Supra®, Lipidil EZ® (fenofibrate); generic brands also available	
<input type="checkbox"/> Lopid® (gemfibrozil); generic brands also available	
Niacin (single and combination products)	
<input type="checkbox"/> Advicor® (niacin plus lovastatin)	
<input type="checkbox"/> Niaspan®, Niaspan FCT® (extended-release niacin)	
<input type="checkbox"/> Other niacin products (e.g., generic brands of slow-release and immediate-release niacin)	
Healthy lifestyle changes	Goal (e.g., lose 10 pounds in the next month)
<input type="checkbox"/> Eat a healthier diet	
<input type="checkbox"/> Get more physical activity	
<input type="checkbox"/> Reach or maintain a healthy weight	
<input type="checkbox"/> Quit smoking	
<input type="checkbox"/> Use alcohol more moderately	

