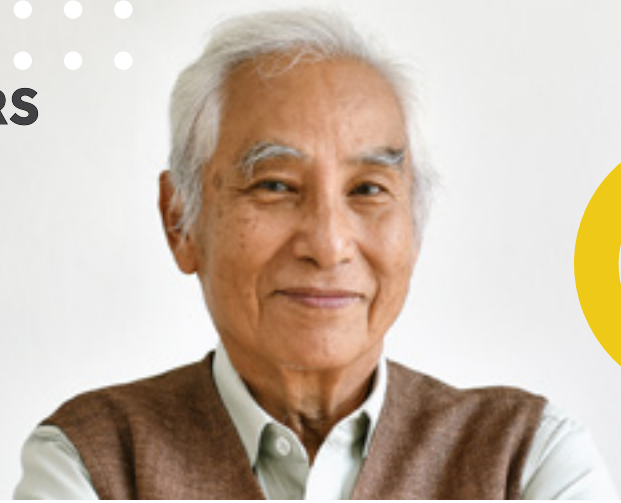




KNOW YOUR NUMBERS TREAT YOUR RISK



Talking with Your GP about Cholesterol

Knowing your numbers and treating your risk begins with cholesterol management conversations with your GP. Here are some questions to help you start discussions.

Understanding your lipid levels

- What are my current LDL (bad) and HDL (good) cholesterol levels?
- What are my current triglyceride levels?
- Why do I have high levels of LDL cholesterol?
- What are the symptoms of high LDL cholesterol?
- How often should I have my cholesterol and triglyceride levels checked?



Understanding your lipid lowering medication



- How does the medication work?
- How often and for how long will I need to take cholesterol medication?
- Will I experience any side effects?
- Will any foods or other medications interact with it?
- Do I need medication even if I make lifestyle changes?
- What if taking medication doesn't work for me?

Understanding lifestyle and genetic factors for heart health

- What diet and lifestyle choices can improve my heart health?
- How does heart health impact my mental and emotional wellbeing?
- I am feeling low and experiencing anxiety, is this normal?
- Are there other risk factors I need to manage?
- Can having high levels of LDL cholesterol be genetic?



Download this check-list and take it to your next GP appointment



Heart Support Australia acknowledges receives funding from Amgen, Novartis and CSL Seqirus. to support the Know Your Numbers, Treat Your Risk initiative. Visit www.knowyournumberstreatyourrisk.com.au