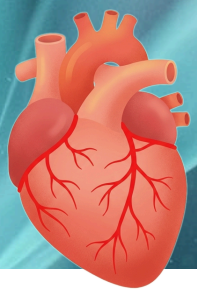
BRING TO YOUR VISIT

# Questions for my *cholesterol visit*

Tick the ones you want to ask. Write the answers next to them.



## My questions

- [ ] What is my 10-year heart risk (PREVENT), and which LDL goal fits me?
- [ ] Can we check ApoB, and Lp(a) once in my life?
- [ ] Does my family history change my plan?
- [ ] Would a coronary calcium scan help us decide?
- [ ] Is food and exercise enough for me, or do I also need a prescription?
- [ ] Which medicine would you suggest, and how much should it lower my LDL?
- [ ] If a statin gave me side effects, what are my options?
- [ ] When should we recheck my labs, and what happens if I'm not at my goal?
- [ ] Are my blood pressure, blood sugar and kidney numbers where they should be?
- [ ] Should my parents, brothers, sisters or children get tested?

## Answers and next steps



Questions follow the 2026 ACC/AHA dyslipidemia guideline topics: PREVENT risk, LDL goals, Lp(a) once, ApoB, calcium scoring and rechecks. Precision cardiovascular prevention. Educational only, not medical advice; your clinician sets your plan.