

9 What should I do if I experience side effects?

---



---



---

10 When should I get my cholesterol checked again?

---



---

11 What should my cholesterol goals be?

---



---



---

Before you leave the doctor's office, make the appointments for your next blood cholesterol test and doctor's visit. Schedule your blood test for a week before your follow-up appointment with the doctor. Put them on your calendar.

## Keep Track of Your Cholesterol

Use the chart below to keep track of your cholesterol each time it is measured. Bring this to the doctor with you at each visit, and keep it up to date.

Date					Goal
Total Chol					
HDL					
LDL					
TG					

## And Don't Forget to Take Control...

### ... at the pharmacy

When you pick up your prescription, ask your pharmacist about all possible food and drug interactions.

### ... in the supermarket

Become a label-reader. Avoid products that are high in sodium, or that contain hydrogenated oils or trans fats. These are used in many processed and packaged foods.

When you shop, replace butter with cholesterol-lowering margarines made with plant sterols, refined breads and pastas with whole grain versions, and whole dairy with skim or 1%. Fish, beans, skinless poultry and lean meats are good sources of protein.

### ... everywhere you go

Strive for at least 30 minutes of exercise a day. Buy a pedometer, and see how many steps you can squeeze into each day. Fun, rewarding activities like walking, gardening, and dancing are also terrific cholesterol-reducing exercises.

This publication was supported through a cooperative agreement (U50/CCU821287-04) with the Centers for Disease Control and Prevention, Division for Heart Disease and Stroke Prevention and through the Montana Department of Public Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the US Department of Health and Human Services.

The Montana Department of Public Health and Human Services attempts to provide reasonable accommodations for any known disability that may interfere with a person participating in any service, program or activity of the department. Alternative accessible formats of this document will be provided upon request. For more information, call (406) 444-5508.

### copies of this public document were published at an estimated cost of \$### per copy for a total cost of \$### for printing and \$0 for distribution.

# Take Control CHOLESTEROL WORKBOOK

This workbook will help you take an active role in your health care by helping you collect important information, talk with your doctor, and track your progress in controlling your cholesterol.

## Here's How to Take Control:

- 1 Make an appointment to have your blood cholesterol levels checked.
- 2 Make an appointment to see your doctor one week after your lab test. This way, you and your doctor can go over your results together.
- 3 Complete this workbook, and bring it with you to your doctor's appointment. Ask a friend or family member to go with you for support.
- 4 Don't forget the importance of diet and exercise. Eat a low-cholesterol diet, and try to spend 30 to 60 minutes doing fun, moderate exercise every day.
- 5 Follow through. Listen to what your doctor tells you. Take your medications as directed. Schedule appropriate lab tests and regular follow-ups to check your progress. Take control to ensure a longer, healthier life.

For more information, call (800) 242-8721  
or visit [americanheart.org](http://americanheart.org)

