

## Questions to ask my doctor about statin medications

Please print this page and discuss the following with your doctor at your next appointment.

Questions	Doctor response
Is a statin medication right for me? How does it work?	
If it isn't right for me, why?	
<p><b>If starting a new medication:</b></p> <ul style="list-style-type: none"> <li>▪ Is it safe to take with my other medications? Are there any medications I should stop when I start this one?</li> <li>▪ Are there any side effects I should be aware of? What should I do if I have any of these side effects?</li> <li>▪ Is it the most cost-effective choice? For example, does it have the least expensive copay? Is a generic form available?</li> <li>▪ What strength are you recommending? How many times a day do I need to take the medicine?</li> <li>▪ What should I do if I miss a dose?</li> <li>▪ Do I need to avoid alcohol or any particular foods while taking this medicine?</li> </ul>	
<p><b>Topics to Discuss - What else can I do to improve my cholesterol levels?</b></p> <ul style="list-style-type: none"> <li>▪ Get it checked as directed by your physician.</li> <li>▪ Control and monitor your blood pressure.</li> <li>▪ Eat a diet rich in fruits and vegetables, and low in fat and sodium.</li> <li>▪ Exercise regularly. Be sure to talk with your doctor before starting an exercise program.</li> <li>▪ Lose weight if you're overweight — even a few pounds can help reduce health risks.</li> <li>▪ Don't smoke. If you smoke, don't put off quitting any longer.</li> </ul>	

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