

# Heart Health Starts with a Healthy Conversation



Partner with your doctor to ensure you're on a statin that fits your unique needs.

Use the topics below to get your healthy conversation started.

## Factors that could impact which statin is most appropriate for you

The following factors could impact which statin is most appropriate for you. Speak up and talk to your doctor about:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Other medical conditions you have or may be at risk for | <input type="checkbox"/> Your age       | <input type="checkbox"/> Eating or drinking grapefruit/grapefruit juice |
| <input type="checkbox"/> All medications and supplements you are taking          | <input type="checkbox"/> Your ethnicity |   |

## Questions or concerns about which statin is most appropriate for you

Discuss any questions or concerns you may have. For example, you may want to ask:

- |  |  |
|--|--|
| <input type="checkbox"/> What's my cholesterol goal?                     | <input type="checkbox"/> What can I expect when taking my prescribed statin?             |
| <input type="checkbox"/> Which statin is most suited to my unique needs? | <input type="checkbox"/> Will the statin interact with any other medications I'm taking? |

## Experiences you may be having on your current statin

Tell your doctor if you're experiencing any side effects or are unsatisfied with your statin.

Be sure to mention any of the above factors that can impact your statin treatment, as this may help your doctor determine if a different statin would be better for you.

## Other medications you may also be taking

Share with your doctor information about all other prescription and nonprescription medicines you take, including over-the-counter and herbal supplements. Let your doctor know as soon as possible whenever there are any changes to the medicines or supplements you take. This will help your doctor better protect you against the potential for other medications to interfere with your statin and may help minimize the chance for side effects.



## Keep the conversation going

If you're experiencing side effects or other challenges with your statin, tell your doctor so you can work together to find a solution. There are multiple statins with different doses, so your doctor may decide that a different statin or a different dose may be a better fit for you. But don't stop taking your statin (without talking to your doctor first) – your heart health depends on it!

*TV legend and heart disease survivor  
Regis Philbin is a Take Cholesterol to Heart  
ambassador to educate and inspire others.*