# **HIGH CHOLESTEROL**



Patient self-assessment

# Assessing your heart health

Having high cholesterol, especially high low-density lipoprotein (LDL), which is often called the "bad" cholesterol, can be a red flag that you could be on a path to develop heart or blood vessel disease. But it's just one piece of the puzzle.

Use this worksheet to write down conditions or behaviors that may raise your risk of heart disease and stroke. Share it with your care team to talk about your risk and come up with the best plan to protect your heart health now and in the future.

# Your cholesterol numbers

Do you have	Most recent number	Date of last (lipid) blood test
High LDL cholesterol		
High triglycerides		
High total cholesterol		
Low HDL cholesterol		
I don't know my numbers		

Does anyone in your family have high LDL cholesterol?

- U Yes
- 🔲 No
- 🔲 l don't know

Do you currently take a statin or other medicine to lower your cholesterol?

- 🔲 Yes
- 🔲 No

Your cholesterol is one item used by your care team to estimate your risk of having a heart attack or stroke in the next 10 years. More information is plugged into a calculator of sorts, along with other health measures that can affect heart health. Your clinician may call it an ASCVD risk calculator.

# More information used to estimate your risk of heart disease or stroke

Your age	years old
Sex	<ul><li>Male</li><li>Female</li></ul>
Racial/ethnic background	<ul> <li>White</li> <li>Black/African American</li> <li>Hispanic/Latinx</li> <li>American Indian or Alaska Native</li> <li>South Asian</li> <li>Asian/Pacific Islander</li> <li>Native Hawaiian or Other Pacific Islander</li> <li>Other:</li> </ul>
Blood pressure	Upper number (systolic blood pressure): mg/dL Lower number (diastolic blood pressure): mg/dL Are you taking a medicine to lower blood pressure? Are you taking a medicine to lower blood pressure? Yes No I No I m not sure (If you are unsure, ask your care team.)

Diabetes or prediabetes	Is your blood sugar level 100 or higher OR are you taking a medicine to lower blood sugar?
	No No
	I don't know
Tobacco use	Do you smoke cigarettes?
	Yes
	No, but I did in the past
	No, I have never smoked cigarettes
	Do you use other tobacco products (including e-cigarettes or vaping)?
	Yes
	No No

#### LDL or "bad" cholesterol is an important factor in your heart health and a target of many treatments. But it's only one piece of the puzzle.

Be sure to talk with your care team about other conditions and habits that can make you more likely to develop heart disease. Remember, too, that you may feel fine with high cholesterol, so you need to know your numbers.

(Please check all that apply.)	
Overweight or obese	
Chronic kidney disease	
Autoimmune disorders (for example: lupus, rheumatoid arthritis, multiple sclerosis, HIV/AIDS)	
Depression or anxiety	
Sleep apnea	
High use of alcohol (more than 1 drink a day for women, more than 2 drinks a day for men)	
For women:	
Diabetes during pregnancy	
High blood pressure during pregnancy	
Early menopause (before 40 years of age)	
Do you have high levels of these markers:	
High-sensitivity C-reactive protein (CRP) (greater than or equal to 2 mg/L)	
Apolipoprotein B (Apo-B) (greater than 130 mg/dl)	
Lp(a) (50 mg/dL or higher)	
l don't know (If you are unsure, ask your care team.)	

Family history	Has anyone in your family had a history of:	
	Heart attack (around what age:)	
	Surgeries or procedures to open blocked arteries (bypass surgery or stents placed)	
	Stroke	
	Heart failure	
	I don't know	

# Lifestyle habits also play a big role

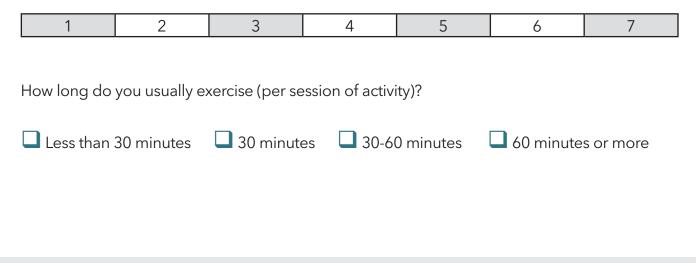
# Physical activity

Do you have a regular physical activity or exercise routine?

Yes

No No

In general, how many days of the week are you physically active?



#### Heart-healthy eating/nutrition

What are some of the things you do to eat a heart-healthy diet? (Please check all that apply.)



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