

My Lipid Goals—What Are They?

You are the most important person in managing your lipid numbers. Talk with your doctor to help you choose one or more goals you are ready to work on now.

Goal 1



Diet

- I will eat a heart-healthy diet that includes less _____ and more _____.
- I will keep track of what I eat.
- I will try to lose _____ pounds by next visit.
- I will drink less alcohol.

Goal 2



Exercise

- I will exercise for _____ minutes _____ days per week, if my doctor tells me it is safe.*
- My doctor and I agree that the best activities for me are _____.
- If I notice chest pain, shortness of breath, or chest tightness, I will get emergency help.

Goal 3



Stop Smoking

- I will ask my doctor about ways I can quit smoking.
- I will think of all the reasons why I should quit and then take the steps to quit.
- If I start to smoke, I will try to quit again.

Goal 4



Medicine

- I will take my cholesterol medicine(s) as directed.
- I will call my doctor if I have problems.
- I will ask questions when I do not understand.

Goal 5



Know My Numbers

- I will have my levels checked as directed by my doctor.
- I will reach my cholesterol goals:

Total cholesterol	_____	Triglycerides	_____
LDL cholesterol	_____	HDL cholesterol	_____

Goal 6



Doctor Visits

- I will keep my doctor appointments even when I feel fine.
- I will ask my doctor questions when I do not understand something.

Goal 7



Asking for Help

- I will ask for help when I need it.
- I will let my doctor know if I feel sad or blue.

EMERGENCY:

Get emergency medical help right away if you think you are having a heart attack

- 1) Chest pain or discomfort**
- 2) Upper body (ie, shoulder, arm, or jaw) discomfort**
- 3) Shortness of breath**
- 4) Cold sweats, nausea, or light-headedness**

*Some medical conditions may make exercise dangerous for some people. Before starting any exercise program, talk to your doctor.