

Conversation Starter Questions



At times, conversations with your doctor can be confusing, especially when talking about something as important as cholesterol and atherosclerosis, the buildup of plaque in the arteries over time. Here is a series of four talking points that you can discuss with your doctor during your next visit.

■ Understanding Cholesterol and Atherosclerosis

Ask your doctor about cholesterol.

Try starting off with this: “What makes cholesterol ‘good’ or ‘bad’? And how can too much ‘bad’ cholesterol contribute to the buildup of plaque in arteries?”

Then talk to your doctor about your health factors that contribute to plaque buildup. Lead with this question: “Do I have any health factors that can contribute to the buildup of plaque in my arteries?”

■ Benefits and Risks of Medication

Know the benefits of taking a cholesterol-lowering medication versus not taking any medication.

Try asking this question: “I want to understand what the benefits and possible risks of cholesterol-lowering medication are for me. Are the benefits worth the risks? What would happen if I didn’t take any cholesterol-lowering medication?”

■ Diet, Exercise, and Medication

Know why it’s important to eat properly and exercise regularly while taking a cholesterol-lowering medication.

Remember to ask this: “If I take a cholesterol-lowering medication every day to manage my cholesterol and slow the progression of atherosclerosis, why do I have to eat a healthy diet and exercise regularly too?”

■ Staying Motivated

Ask how to stay motivated as you get used to your treatment plan.

End with this: “Changing my lifestyle and taking medicine every day is a big commitment. Can you recommend ways to stay on track as I work to lower my cholesterol and slow the progression of atherosclerosis?”

■ More Information

For more information about how you can work with your doctor to improve your cholesterol, visit the [Working with Your Doctor](#) page on CRESTOR.com.

In adults, CRESTOR® (rosuvastatin calcium) is prescribed along with diet for lowering high cholesterol. CRESTOR is also prescribed along with diet to slow the progression of atherosclerosis (the buildup of plaque in arteries) as part of a treatment plan to lower cholesterol to goal. CRESTOR has not been approved to prevent heart disease, heart attacks, or strokes.

Important Safety Information about CRESTOR

- CRESTOR is not right for everyone, including anyone who has previously had an allergic reaction to CRESTOR, anyone with liver problems, or women who are nursing, pregnant, or who may become pregnant
- Your doctor will do blood tests before and during treatment with CRESTOR to monitor your liver function
- Unexplained muscle pain and weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away
- The 40-mg dose of CRESTOR is only for patients who do not reach goal on 20 mg
- Be sure to tell your doctor if you are taking any medications
- Side effects: The most common side effects are headache, muscle aches, abdominal pain, weakness, and nausea

Talk to your doctor about prescription CRESTOR.

[Please see full Prescribing Information](#)

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