

# Cholesterol and Stroke:

## Talking with Your Health Care Team

As a survivor of stroke, one of your biggest goals is likely to prevent another stroke. Take this sheet with you to your next appointment. It can guide you as you talk with your health care team so you can feel good about your plan to manage your cholesterol and reduce your risk for another stroke.



### Testing and Numbers

Which tests should I have and why?

- Cholesterol panel (including total cholesterol, HDL cholesterol, LDL cholesterol and triglyceride levels)
- Lipoprotein(a) or Lp(a)
- Apolipoprotein B or ApoB
- Coronary artery calcium (CAC) scan

How often should I check my cholesterol?

\_\_\_\_\_

\_\_\_\_\_

Do I have a cholesterol goal?\*

\_\_\_\_\_

\_\_\_\_\_

*\*Talk with your health care team to set a goal based on your overall risk. As a survivor of stroke, your health care professional may aim for your LDL to be below 70 mg/dL (or even below 55 mg/dL for people at very high risk). Your health care team can help determine the goal that's right for you.*

**As a survivor of stroke, you are at higher risk for another stroke. To help you remember the most common warning signs of a stroke, use B.E. F.A.S.T.:**

# B.E. F.A.S.T.

Balance Loss	Eye (Vision) Changes	Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911
--------------	----------------------	---------------	--------------	-------------------	------------------



### Stroke Risk

Did cholesterol play a role in my stroke?

\_\_\_\_\_

\_\_\_\_\_

Do you think my cholesterol levels are due to my lifestyle, my family history or a combination?

\_\_\_\_\_

\_\_\_\_\_

Which other health conditions may raise my risk for another stroke?

\_\_\_\_\_

\_\_\_\_\_



### Treatment Options

Can lifestyle changes be enough to lower my risk of another stroke?

\_\_\_\_\_

\_\_\_\_\_

If I want to try lifestyle changes first, is it safe to delay medication for a short time?

\_\_\_\_\_

\_\_\_\_\_



### Treatment Options *(continued)*

Do I need cholesterol-lowering medication?

\_\_\_\_\_

\_\_\_\_\_

If I take medications and my medications or doses change, when should I recheck my cholesterol?

\_\_\_\_\_

\_\_\_\_\_

How much can medication lower the risk of another stroke?

\_\_\_\_\_

\_\_\_\_\_

How will I know if the medication is working?

\_\_\_\_\_

\_\_\_\_\_

What are the risks of taking medication?

\_\_\_\_\_

\_\_\_\_\_

What are the risks of NOT taking medication?

\_\_\_\_\_

\_\_\_\_\_

If I have side effects, what are the alternatives?

\_\_\_\_\_

\_\_\_\_\_

Learn more at [stroke.org](https://www.stroke.org).