Cholesterol Summit 2017: Patient Centeredness

Graphic Recording by: Katalyst Creative Consulting

American Heart Association

1. Lifestyle
   - Change
   - Health
   - Personal choice
   - Free will
   - Whole person in the game
   - Resilience
   - Mindfulness

2. Diagnosis
   - Dialogue with Dr.
   - High cholesterol
   - Patient experience
   - Take charge
   - Family education
   - Community education
   - Be a partner with your doctor

3. Risk
   - Look at
   - Larger ecosystems
   - Neighbors
   - Students
   - Companies
   - Community centers
   - Inherited disease
   - Family history
   - Age

Q: What can we do to create an environment that cholesterol is not a 'disease' that defines a patient?

A: Look at communities, high schools, companies, neighborhoods, and all demographics.

Q: What's the best way to educate?

A: Early is better...
   - I their perspective...
   - As a young adult, I won't live as long...

Q: How do you mitigate fear in treatment?

A: Conventional and non-conventional.

Q: What do I need to know - what do I need to ask?

A: Peer to peer support is key for overcoming fear.

Q: Can we negotiate?

A: Partnership - agreement.

Q: What does it mean to be a partner with your doctor?

A: Explain what you know...
   - Look at alternatives, and explain them.