

The logo for 'ask' is rendered in a stylized, lowercase, orange font with a blue outline. It is positioned inside a white circle that has a blue gradient and a shadow effect, making it appear to float above the blue background.

**ABOUT CHOLESTEROL  
AND TRIGLYCERIDES**

A large, semi-circular graphic on the right side of the page. It features a light blue background with a white calendar grid. The calendar shows days of the week and dates. In the foreground, a white pill bottle with a blue 'R' on its cap is tipped over, spilling several white, round pills onto the surface. The overall theme is health and medication management.

**Your Treatment & You:  
Working Together to Help  
Manage Your Health**



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**Because it's important to  
know as much as you can.**

This booklet is designed to help you understand cholesterol and triglycerides (called lipids or blood fats) and the things you can do every day to help manage them.

As always, talk with your healthcare provider for more information.



Taking your medicine as directed by your provider is one of the most important things you can do. If you're like most people, this may be easier said than done.

[illegible]

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

### Attitudes and Beliefs

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## Lipids—What Are They?

“My provider said my lipids are high. Should I be worried?”

Lipids are fats found in your blood. Cholesterol and triglycerides are two types of lipids. Here are some things you should know.

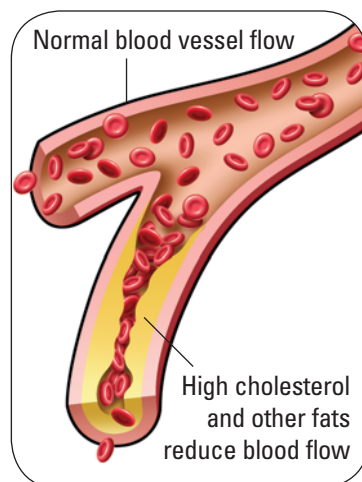
### What is cholesterol?

- **Total cholesterol** is the amount of all types of cholesterol in your blood.
- **LDL cholesterol** is the “bad cholesterol” that sticks to your blood vessels and blocks blood flow.
- **HDL cholesterol** is the “good cholesterol” that helps prevent cholesterol from sticking to your blood vessels.

### What can happen when you have too much cholesterol?

Your body needs some cholesterol for making hormones and other substances. But you can have too much. When you have too much cholesterol, it can build up on the walls of your blood vessels. This can lead to a higher risk for heart disease.

- Blood brings needed oxygen to your heart.



## Talking With Healthcare Team

Strongly Agree   Agree   Neutral   Disagree   Strongly Disagree

7 My doctor/nurse and I work together to make decisions.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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## Behavior



## Taking Medicines

### Have You...

In the last week   In the last month   In the last 3 months   More than 3 months ago   Never

8 Taken a medicine more or less often than prescribed?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

9 Skipped or stopped taking a medicine because you didn't think it was working?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

10 Skipped or stopped taking a medicine because it made you feel bad?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

11 Skipped, stopped, not refilled, or taken less medicine because of the cost?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

12 Not had medicine with you when it was time to take it?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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*If you checked any answers in the darker blue boxes, talk with your healthcare provider.*

# Taking Medicine— What Gets In The Way?



Think about all of the medicines you take. Mark one answer for each item below.

## Inconvenience/Forgetfulness



### Lifestyles

Strongly Agree   Agree   Neutral   Disagree   Strongly Disagree

1 I just forget to take my medicines some of the time.

☐ ☐ ☐ ☐ ☐

2 I run out of my medicine because I don't get refills on time.

☐ ☐ ☐ ☐ ☐

3 Taking medicines more than once a day is inconvenient.

☐ ☐ ☐ ☐ ☐

## Treatment Beliefs



### Attitudes and Beliefs

Strongly Agree   Agree   Neutral   Disagree   Strongly Disagree

4 I feel confident that each one of my medicines will help me.

☐ ☐ ☐ ☐ ☐

5 I know if I am reaching my health goals.

☐ ☐ ☐ ☐ ☐


### Help From Others

Strongly Agree   Agree   Neutral   Disagree   Strongly Disagree

6 I have someone I can call with questions about my medicines.

☐ ☐ ☐ ☐ ☐

- When blood vessels, such as arteries, get blocked by lipids (LDL), it is hard for blood to move through the blood vessels.
- If an artery in the heart gets completely blocked, then your heart does not get the oxygen it needs. Angina or a heart attack may occur.

## What are triglycerides?

**Triglycerides** are another type of fat found in your blood. They are made in the liver. They can increase with obesity, smoking, lack of exercise, drinking alcohol in excess, and eating a diet high in carbohydrates.

## Taking care of lipids every day

Talk to your provider about changes that may help lower your risk of heart disease. Check the changes you and your provider decide you can make.

- ☐ Follow a healthy diet that is low in fat.
- ☐ Start a regular exercise program.
- ☐ If you smoke, ask about ways you can quit.
- ☐ Try to lose weight and keep it off.
- ☐ Take your medicine or supplements as directed.
- ☐ \_\_\_\_\_.



## My Numbers—Ask About Each One

Risk factors are things that increase your risk for a disease. High lipid levels are a major risk factor for heart disease. Although there are target numbers for lipid levels, you should work with your provider to set the goal numbers that are right for you.

Keep track of your lipid numbers in the chart below. Ask your provider what your goal numbers should be. Compare the goal numbers with your actual numbers.

	Date	Result	Goal
Total Cholesterol			
LDL Cholesterol			
HDL Cholesterol			
Triglycerides			

*For more help and information, contact one or more of these resources:*

### American Heart Association® (AHA)

800-AHA-USA-1 (800-242-8721)

[www.heart.org](http://www.heart.org)

### National Heart, Lung, and Blood Institute Health Information Center

301-592-8573

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

The resources listed above are administered by independent third parties not affiliated with or endorsed by GSK. GSK is not responsible for the content of these resources.

### *Have you felt moody or blue?*

Sometimes people with high cholesterol and triglycerides develop heart disease. It is common for people with chronic conditions, such as heart disease, to feel moody or blue from time to time. If these feelings continue, you may lose interest in the things you used to like to do. Or you may have problems sleeping or working. The good news is that you don't have to deal with these feelings by yourself. Talk with your family, friends, and provider for help.



## Managing Lipids— Where Can I Go for Help?

“*I need help. I can’t do this on my own.*”

- Ask a family member or friend to support you, such as going with you to your next provider visit.
- Ask your provider to help you start a healthy diet. Your provider may also refer you to a dietitian.
- Ask your provider about a support group.

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### *If you have trouble paying for your medicine:*

- If you have Medicare or think you are eligible for Medicare, call 800-MEDICARE (800-633-4227) or visit [www.medicare.gov](http://www.medicare.gov).
- For more information on Medicaid, contact your state Medicaid agency.

*To learn more about what may be getting in the way of taking your medicine, go to [www.HealthCoach4Me.com](http://www.HealthCoach4Me.com).*

“*Am I at risk for heart disease?*”

Along with high lipid levels, there are many other risk factors for heart disease. The good news is that some of these risk factors are in your control. You may be able to manage them.

Check the heart disease risk factors that apply to you below. Then work with your provider on a plan to help manage the risk factors that you can change.

### *Risk factors you can’t change:*

- ☐ You are a man age 45 or older
- ☐ You are a woman age 55 or older
- ☐ Your father or brother had heart disease before age 55
- ☐ Your mother or sister had heart disease before age 65

### *Risk factors you can help manage:*

- ☐ High cholesterol
- ☐ High triglycerides
- ☐ High blood pressure
- ☐ Diabetes
- ☐ Being overweight or obese
- ☐ Drinking too much alcohol
- ☐ Cigarette smoking
- ☐ Lack of exercise



## My Lipid Goals—What Are They?

You are the most important person in managing your lipid numbers. Talk with your provider to help you choose one or more goals you are ready to work on now. Place a check next to your goals below.

### Goal 1



#### Diet

- ☐ I will eat a heart-healthy diet that is low in fat.
- ☐ I will keep track of what I eat.
- ☐ I will try to lose \_\_\_\_\_ pounds by my next provider visit.
- ☐ I will limit the amount of alcohol I drink, as directed by my provider.

### Goal 2



#### Exercise

- ☐ I will \_\_\_\_\_.
- ☐ I will exercise for \_\_\_\_\_ minutes \_\_\_\_\_ days per week, as directed by my provider.
- ☐ My provider 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



#### Smoking

- ☐ I will \_\_\_\_\_.
- ☐ I will think of all the reasons why I should quit smoking.
- ☐ I will ask my provider about how I can quit smoking and then take the steps to quit.
- ☐ If I start smoking again, I will try to quit again.
- ☐ I will \_\_\_\_\_.

## Questions to Ask My Provider or Pharmacist When I Receive a New Prescription:

- What is the name of the medicine and how can it help me?  
\_\_\_\_\_  
\_\_\_\_\_
- How and when do I take the medicine, and for how long?  
Do I take it with food?  
\_\_\_\_\_  
\_\_\_\_\_
- What do I do if I miss a dose?  
\_\_\_\_\_  
\_\_\_\_\_
- What are the possible side effects? What should I do if they occur?  
\_\_\_\_\_  
\_\_\_\_\_
- Will it cause problems with the medicines I already take (including over-the-counter medicines) for other health problems?  
\_\_\_\_\_  
\_\_\_\_\_
- When should the medicine start to work?  
\_\_\_\_\_  
\_\_\_\_\_
- When and how do I refill my prescription?  
\_\_\_\_\_  
\_\_\_\_\_



## My Healthcare Provider Visits— How Can I Get Ready?

You and your provider are a team in managing your cholesterol and triglycerides. Talk openly and honestly with your provider.

“*I’m embarrassed to ask my provider some questions.*”

- All questions are important. Do not be afraid to speak up if you do not understand something.
- Bring all of your medicines and supplements in a bag when you visit your provider. Be prepared to show the provider or pharmacist how you take each medicine.

*If you have trouble understanding what your provider says:*

- Ask for written information about your medicine. Is it available in large print or another language?
- Ask a family member to join you on provider visits. They can write down your provider’s answers.
- Ask your provider or pharmacist to help you answer the questions on the next page.

**Talk to your healthcare provider at every visit about any medicine you may be taking.**

### Goal 4



#### Medicine

- ☐ I will take my medicine(s) as directed by my provider.
- ☐ I will call my provider if I have problems.
- ☐ I will ask questions when I do not understand something.
- ☐ I will \_\_\_\_\_.

### Goal 5



#### Know My Numbers

- ☐ I will have my levels checked as directed by my provider.
- ☐ I will work to reach my lipid goals:  
My total cholesterol goal \_\_\_\_\_  
My LDL cholesterol goal \_\_\_\_\_  
My HDL cholesterol goal \_\_\_\_\_  
My triglycerides goal \_\_\_\_\_

### Goal 6



#### Provider Visits

- ☐ I will keep my provider appointments even when I feel fine.
- ☐ I will ask my provider questions when I do not understand something.
- ☐ I will \_\_\_\_\_.

### Goal 7



#### Help From Others

- ☐ I will talk with family and friends about how I feel about having high cholesterol or triglycerides.
- ☐ I will join a support group.
- ☐ I will let my provider know if I feel moody, blue, or stressed.
- ☐ I will \_\_\_\_\_.

**EMERGENCY:** Get emergency medical help right away if you think you are having symptoms of a heart attack, which may include: 1) Chest pain or discomfort; 2) Pain or discomfort in the arm(s), neck, back, jaw, or stomach; 3) Shortness of breath; 4) Cold sweats, nausea, or light-headedness.



## Lipid-Lowering Medicines— How Do They Work?

A healthy lifestyle may not be enough to help manage your lipids. Your provider may ask you to take medicine or a dietary supplement.

Over time, you may need more than one kind of medicine to help manage your lipid levels. Even when you reach your lipid goals, you may need to keep taking your medicines to keep you at your goal.

**Not every medicine is right for everyone.** It is important to talk with your provider at each visit about your lipid levels and medicine. Write the names of your medicines in the blank spaces below to help with that conversation.

### Statins

- Reduce the amount of cholesterol made in the body.
- Mainly used to lower LDL (bad) cholesterol.

☐ \_\_\_\_\_  
(name of your medicine)

### Cholesterol absorption inhibitors

- Reduce the amount of cholesterol that your body absorbs.
- Mainly used to lower LDL (bad) cholesterol.

☐ \_\_\_\_\_  
(name of your medicine)

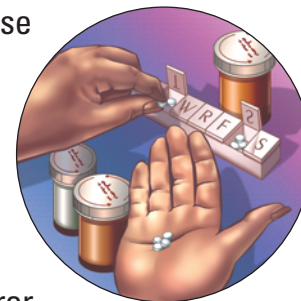
### Bile acid resins

- Used to lower LDL (bad) cholesterol.
- Binds with cholesterol in the intestines.

☐ \_\_\_\_\_  
(name of your medicine)

### If you often forget to take your medicine:

- Ask your pharmacist if it is okay to use a pill box marked with the days of the week to store your medicine. If it is okay, you can take it with you when you are away from home.
- Wear a watch. Set an alarm. Leave yourself a note on the bathroom mirror.
- Keep your medicine in a place where you will see it every day.
- Ask your provider what to do if you miss a dose.

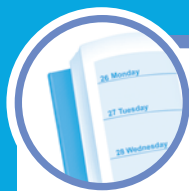


### If you forget to refill your medicine on time:

- Write “refill medicine” on your calendar about a week before your medicine will run out.
- Make sure you have enough refills to last until your next provider visit.
- Ask your pharmacy to send you reminders to refill your prescription.



**Work with your healthcare provider to find ways to take your lipid-lowering medicine(s) every day as directed.**



## Sticking With My Medicine— What Will Work?

Taking your lipid-lowering medicine(s) as directed by your provider is one of the most important things you can do to help manage high cholesterol or triglycerides.



***Not taking your lipid-lowering medicine as directed by your provider could mean:***

- Your medicine may not work the way it should.
- You may increase your risk for serious health problems, like a heart attack or stroke.

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## “Taking medicine gets in the way of my day.”

Taking one or more medicines at different times each day can be hard. The key is to create a routine that fits your life:

- Try taking your medicine around the same time as other daily habits, such as in the morning when brushing your teeth or in the evening around dinnertime.
- Talk to your provider about the best time to take your medicine. Ask if your medicine should be taken with or without food.
- Ask your provider if there is a medicine you can take less often. A simpler medicine schedule may help you.

### Niacin

- Used to lower triglycerides and LDL (bad) cholesterol and to raise HDL (good) cholesterol.
- Works in the liver to decrease production of cholesterol.

☐ \_\_\_\_\_  
(name of your medicine)

### Fibrates

- Mainly used to lower triglycerides. May raise HDL (good) cholesterol.

☐ \_\_\_\_\_  
(name of your medicine)

### Omega-3 fatty acids

- May lower triglycerides in some patients.
- Found in fish oil. Used together with diet and exercise changes to help lower triglycerides and other fats.

☐ \_\_\_\_\_  
(name of your supplement)

### Other supplements

☐ \_\_\_\_\_  
(name of your supplement)

☐ \_\_\_\_\_  
(name of your supplement)

***Fill out a medicine chart with the help of your healthcare provider.  
It is important to discuss this chart at every visit.***



# My Medicines—Am I Taking Them As Directed?

Fill out a medicine chart like the one below and talk with your provider. This may help you take the right dose at the right time. Include all medicines that you take for all reasons.

- Mark medicine refill dates on a calendar.
- Use reminder notes to help you remember to take your medicine.
- Stick with your medicine, even when you reach your lipid goals. Without medicine, a proper diet, and exercise, your lipid numbers may go up again.
- Talk to your provider if you have questions about your medicine or how to take it.



Name and Strength of Medicine	How Much I Take	When I Take It	I Take It for	What My Pill Looks Like	Dates to Refill Rx	Special Instructions