

High cholesterol

High cholesterol usually has no symptoms. LDL and other particles can promote artery plaque. Treatment aims to prevent heart attacks and strokes before symptoms develop.

Everyday care

- Take cholesterol medicine as prescribed; better numbers often mean treatment is working.
- Keep planned blood tests and share your family history of early heart disease.
- Support a heart-healthy eating pattern, activity, and avoidance of tobacco.

When to contact your care team

Contact your care team for side effects, cost barriers, or difficulty taking medicine. Severe muscle weakness or dark urine needs prompt assessment.

When to call 911

Call 911 for possible heart attack or stroke symptoms: chest pressure, severe trouble breathing, face drooping, arm weakness, or trouble speaking. Do not drive yourself.

Questions for your next visit

What is my LDL goal? / When should I repeat my blood test? / Could my family have inherited risk?

Care team/contact: _____ Next visit: _____

[Read the full patient guide online](#)

This summary supports your personal care plan. Medication and activity instructions may differ.