

## Questions to ask my doctor about taking my statin medication

Please print this page and discuss the following with your doctor at your next appointment.

| Questions  | Doctor response |
|--|-----------------|
| <p>What can happen if I'm not taking my medication as prescribed?</p>  |                 |
| <p>How can this medication help me?</p>  |                 |
| <p>Tell your doctor the reason(s) why you're not taking the medication as prescribed or any concerns you have about taking this medication.</p>  |                 |
| <p>Ask for alternatives or solutions to help you take your medication.</p> <p><i>Please know, however, that there are no alternatives that replace the statin medication itself which have the proven data to show heart protection.</i></p> <p><i>To help assist IN ADDITION to taking your statin medication you can: increase fiber via increased portions of fruits and vegetables, lower your intake of saturated fats, and increase your regular exercise routine.</i></p> |                 |

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