



Take a moment to talk about cholesterol.

Cholesterol Conversation Starters

Cholesterol can be a confusing health topic for a lot of people, but understanding and managing high blood cholesterol is an important step in taking control of heart health. Talk with your family and health care team about high cholesterol and heart health.

Whether you are a patient, a family member, or a health professional, **these questions can help you start conversations about cholesterol.**



Get to know the basics of cholesterol.

- What is cholesterol?
- How does high cholesterol affect my risk for heart disease?
- What are the risk factors for high cholesterol?
- What is the difference between LDL and HDL cholesterol?



Have an honest conversation with yourself about cholesterol.

- What are some lifestyle choices I can make to keep my cholesterol in a healthy range?
- Can I cut back on any foods that are high in saturated fat?
- Do I need to have my cholesterol checked?



Make cholesterol management and heart health a family matter.

- How can we help each other control our risk for high cholesterol?
- How are you managing your high cholesterol?
- Do we have a family history of high cholesterol, and why is it important?
- When was the last time you had a cholesterol test?



Team up with your health care team to manage cholesterol.

- How can I manage my cholesterol?
- What do my cholesterol screening numbers mean?
- Are cholesterol-lowering medicines right for me or my family members?
- What are statins?

For more information about high cholesterol and resources to help prevent and manage it, visit [cdc.gov/cholesterol](https://www.cdc.gov/cholesterol).