

WELCOME to your **cholesterol dialogue tool!**

This tool is designed to guide you based on your current understanding and status regarding blood cholesterol. It will support you in having better conversations with your doctor as you discuss your cholesterol test results and form a treatment plan.

Whether you have been diagnosed with high blood cholesterol (hyperlipidaemia) or if you have no clue at all, don't worry – we've got you covered.

Do you know your blood cholesterol levels?

✓ **If yes:**
Great! Please **open this brochure** to use the dialogue tool to guide your next conversation with your doctor.

✗ **If no:**
No worries! Here is what you should do next:

- Get a cholesterol test
- Bring your results to your doctor
- Use this dialogue tool (**please open this brochure**) at your doctor's appointment to learn what your cholesterol numbers mean and form a treatment plan.



About Beat the Block

Beat the Block is jointly led by Singapore Heart Foundation and Novartis Singapore. It is designed to provide holistic, science-backed information and actionable tools to help people living in Singapore care for their hearts, starting with knowing their cholesterol numbers.



SCAN ME

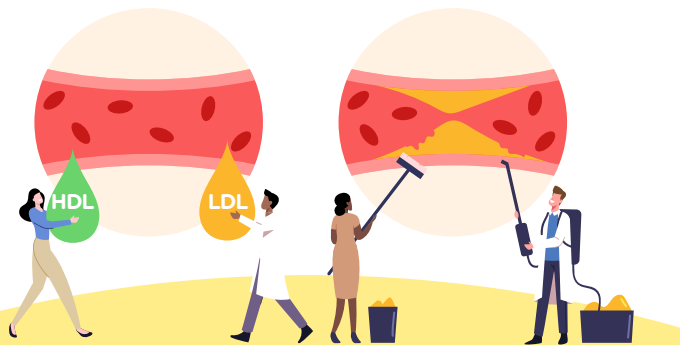
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A PATIENT- DOCTOR DIALOGUE TOOL

for Blood Cholesterol Management





A PATIENT-DOCTOR DIALOGUE TOOL

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BRING THIS SHEET TO YOUR NEXT APPOINTMENT
AND RECORD YOUR DOCTOR'S COMMENTS

UNDERSTANDING YOUR RESULTS

Cholesterol test results

Date:					
Total Cholesterol:		HDL-C:		LDL-C:	

What do my cholesterol numbers mean? What is my cardiovascular risk category?

Based on my current cardiovascular risk, what is my blood cholesterol goal?

DEVELOPING A PLAN

What are the long term risk associated with high blood cholesterol?

Can I lower my blood cholesterol levels with just lifestyle modifications? What steps should I take?

Could my high blood cholesterol be genetic? Do I need to undergo further testing?

Do I have other risk factors affecting my cardiovascular health (e.g., type 2 diabetes, high blood pressure)?

Should I start/change my cholesterol-lowering medication? How long do I need to take them for? What should I do if I miss a dose?

How will I know if my medication is working? What should I do if I experience any discomfort? Can I stop taking them if side effects occur?

Based on my current situation, what resources should I explore/are available to help me?

Next appointment date

Medication Information

Medication name:

Dosage:

Frequency:

Any observations (incl. when to seek medical attention):

High blood cholesterol is a serious and silent threat that can happen to anyone. Speak to your doctor to learn how to manage your blood cholesterol today.

[Learn more at beattheblock.sg](https://beattheblock.sg)