

Medication Adherence Discussion Guide

High Cholesterol

Having high cholesterol increases your risk for certain conditions, which is why it is important to take your cholesterol medications as prescribed. Be sure to:

- Fill and pick up your prescriptions on time
- Never skip a dose of your medication
- Never cut or split your medications, unless your doctor tells you to do so
- Get your doctor's permission before making any changes to your medication routine

Possible Complications if You Do Not Take Care of Your High Cholesterol

Stroke

When you have too much cholesterol in your body, it builds up in your blood and forms clumps called plaque. Plaque blocks the flow of blood and oxygen to your brain and can cause a stroke.

A stroke can cause permanent damage, including paralysis or damage to important nerves in your hands, restricting or eliminating function. It can even lead to death.

Heart Attack

Plaque formed in your blood because of too much cholesterol can break apart into blood clots. Blood clots can limit blood flow to your heart and increase your risk of a heart attack.

A heart attack may be life-threatening and can permanently weaken the heart muscle.

Chest Pain

Too much cholesterol in your blood restricts blood flow to the arteries that bring oxygen to your heart, causing chest pain and discomfort.

If not treated immediately, chest pain can lead to serious complications, a heart attack, or even death.

When your cholesterol is not properly managed, serious complications can occur. Taking your medications as prescribed helps to prevent a stroke, heart attack and chest pain.