

At times, conversations with your doctor can be confusing, especially when talking about something like cholesterol and atherosclerosis, the buildup of plaque in the arteries over time. Here is a series of four talking points that you can discuss with your doctor during your next visit.

## ■ Understanding Cholesterol and Atherosclerosis

### Ask your doctor about cholesterol.

Try starting off with this: “What makes cholesterol ‘good’ or ‘bad’? And how can too much ‘bad’ cholesterol contribute to the buildup of plaque in arteries?”

Then talk to your doctor about your health factors that contribute to plaque buildup. Lead with this question: “Do I have any health factors that can contribute to the plaque buildup in my arteries?”

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## ■ Benefits and Risks of Medication

### Know the benefits and risks of taking a cholesterol-lowering medication versus not taking any medication.

Try asking this question: “I want to understand what are the benefits and risks of cholesterol-lowering medication for me. Are the benefits worth the risks? What would happen if I didn’t take any cholesterol-lowering medication? What do I need to know about taking cholesterol-lowering medication?”

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## Important Safety Information about CRESTOR Tablets

- CRESTOR is not right for everyone. Do not take CRESTOR if you are nursing, pregnant or may become pregnant; have liver problems; or have had an allergic reaction to CRESTOR
- Your doctor should do blood tests to check your liver before starting treatment with CRESTOR and if you have symptoms of liver problems while taking CRESTOR
- Call your doctor right away if you have unexplained muscle pain or weakness, feel unusually tired, or have loss of appetite, upper belly pain, dark urine, or yellowing of skin or eyes. These could be signs of rare but serious side effects
- Elevated blood sugar levels have been reported with statins, including CRESTOR
- Side effects: The most common side effects may include headache, muscle aches, abdominal pain, weakness, and nausea. Memory loss and confusion have also been reported with statins, including CRESTOR
- Tell your doctor and pharmacist about other medicines you are taking

Talk to your doctor about prescription CRESTOR

■ **Diet, Exercise, and Medication**

**Know why it's important to eat properly and exercise regularly while taking a cholesterol-lowering medication.**

Remember to ask this: "If I take a cholesterol-lowering medication every day to manage my cholesterol and slow the progression of atherosclerosis, why do I have to eat a healthy diet and exercise regularly too?"

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■ **Staying Motivated**

**Ask how to stay motivated as you get used to your treatment plan.**

End with this: "Changing my lifestyle and taking medicine every day is a big commitment. Can you recommend ways to stay on track as I work to lower my cholesterol and slow the progression of atherosclerosis?"

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■ **More Information**

For more information about how you can work with your doctor to improve your cholesterol, visit [CRESTOR.com](http://CRESTOR.com)

**Approved Uses for CRESTOR**

When diet and exercise alone aren't enough, adding CRESTOR can help.

In adults, CRESTOR is prescribed along with diet to lower high cholesterol and to slow the buildup of plaque in arteries as part of a treatment plan to lower cholesterol to goal.

This information should not take the place of talking with your doctor or health care professional. If you have any questions, talk to your doctor or pharmacist.


Read accompanying full Prescribing Information and Patient Information.

*You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.*

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