

Cholesterol Tracker



TRACK YOUR PROGRESS

Your fasting lipid profile, also known as a cholesterol test, measures your LDL (bad) cholesterol, HDL (good) cholesterol, total cholesterol, and triglycerides. Graphing your progress will help you see where you are heading — and how well you’re managing your cholesterol. After each checkup, write your cholesterol numbers down in the columns labeled “Start,” “Visit 1,” etc. Once you’ve plotted your numbers, draw a line connecting the numbers from your previous test to those of your current one.

LDL (BAD) CHOLESTEROL (LDL-C)

300 and above				
270				
250				
230				
210				
190				
170				
150				
130				
110				
90				
70				
50				
	START	VISIT 1	VISIT 2	VISIT 3

My recommended LDL (bad) cholesterol number is: _____

HDL (GOOD) CHOLESTEROL (HDL-C)

80				
70				
65				
60				
55				
50				
45				
40				
35				
30				
25				
20				
	START	VISIT 1	VISIT 2	VISIT 3

My recommended HDL (good) cholesterol number is: _____

DON'T FORGET...

You must fast (eat nothing and drink only water for 9 to 12 hours) prior to taking your fasting lipid profile in order for your results to be accurate. Make a note next to any numbers on your tracker that came from a test for which you did not fast.

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.

CRESTOR is also prescribed to reduce the risk of heart attack and stroke in people without known heart disease but at increased risk based on age (men 50 years and older, women 60 years and older), elevated blood levels of hsCRP (a sign of inflammation that can be associated with increased risk of cardiovascular events), plus at least one additional risk factor (such as high blood pressure, low HDL "good" cholesterol, smoking, or family history of early heart disease).

Important Safety Information About CRESTOR

- CRESTOR is not right for everyone, including anyone who has previously had an allergic reaction to CRESTOR, anyone with liver problems, or women who are nursing, pregnant, or who may become pregnant
- Your doctor should do blood tests before and during treatment with CRESTOR to monitor your liver function
- Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away
- Elevated blood sugar levels have been reported with statins, including CRESTOR
- Be sure to tell your doctor if you are taking any medications
- Side effects: The most common side effects are headache, muscle aches, abdominal pain, weakness, and nausea

Talk to your doctor about prescription CRESTOR.

[Read full Prescribing Information](#) | [Read Important Information for Patients](#)

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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