

Ubiquinol's Heart-Healthy Bucket List

To make sure you're doing everything you can for your heart, ask your doctor these questions at your next visit!

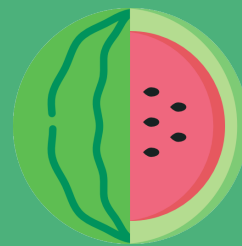
Cholesterol

- What do my cholesterol levels mean?
- What's a healthy cholesterol goal for me?
- How often should I check my cholesterol levels?
- How long will it take to meet my ideal cholesterol level?
- What puts me at risk for high cholesterol?
- What can I do to lower my cholesterol?
- Should I take a statin to lower my cholesterol?
- (If currently taking statins) Statins can affect the production of CoQ10. Should I take a supplement like Ubiquinol to counter this side effect?



Diet

- What kinds of foods should I eat?
- What kinds of food should I avoid?
- What should I know about eating out?
- Should I keep a food diary?
- Should I cut out or reduce my dairy/fat/sodium/carb intake?
- Should I see a nutritionist or dietician? If so, who do you recommend?



Activity Level

- How can I start an exercise regime? What activities do you suggest?
- How much physical activity should I get each week?
- Is (insert name of sport/activity) safe? Is there anything else I should do to protect myself?



Medications

- What is (insert name of medicine) supposed to do?
- How and when do I take this medication?
- Do any of my medications affect each other? If so, how?
- What happens if I miss a dose of this medication?
- Would (insert name of medication) be a good medication for me?
- What are the side effects of this medication?
- I'm experiencing (symptom) when I take (insert name of medication). Is that normal?

