



Medication options

If your health professional said medication could change your lifestyle to improve your heart health, pick one thing to focus on for now and ask them what extra support you can get in your community.

Take cholesterol medication	BP medication
Take medicine every day to reduce your cholesterol.	Take medicine every day to reduce your blood pressure.
Pros: Reduces your chance of a heart attack or stroke.	Pros: Reduces your chance of a heart attack or stroke.
Cons: You may get side effects like muscle aches.	Cons: You may get side effects like feeling dizzy or fainting.
Is this something you might consider? Yes / No	Is this something you might consider? Yes / No