



## ASHEVILLE INTEGRATIVE MEDICINE

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### Cholesterol Treatment Notification

I, \_\_\_\_\_ have been informed that with my current level of cholesterol, most physicians in the USA following the usual "Standard-of-Care" guidelines would prescribe a cholesterol-lowering medication, such as a statin drug.

I am choosing to manage my lipid levels by utilizing lifestyle measures, such as nutrition and exercise, along with natural nutritional supplements. I am aware that there are risks in not taking cholesterol-lowering medications, such as possibly an increased risk of heart attack or stroke. I am also aware that there are risks in taking statin drugs, such as muscle pain and liver damage. The advantages and disadvantages of these approaches have been discussed with me, and my questions have been answered to my satisfaction.

**Being informed, if I choose not to receive cholesterol-lowering medications, I assume all responsibility for my choice. I do not hold Asheville Integrative Medicine nor its practitioners responsible for my decision and outcome.**

\_\_\_\_\_  
Signature of Patient

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

U drive/Aim Info/Consents

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