

## ASCVD Podcast – Managing and Understanding Cholesterol for ASCVD (Focusing on LDL-C)

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ASCVD Perspectives portrays the journey of a typical patient through their various care settings after a recent cardiac event and being diagnosed with clinical ASCVD. This podcast is intended to be a guide to educate patients on shared decision-making practices and provide examples of questions they can incorporate into their personal experience. It also serves as a model to help clinicians understand different ways they can empower their patients to become advocates and active leaders in their own disease management.

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The patients used in the series are paid actors, and any recommendations or information are not to be construed as a directive, endorsement, or medical advice. Always check with your provider before starting oral-1.7 © Carolyn Dickens, MSN. Sharma. How are you today?

00:50

**Ms. Sharma:** I am. I'm OK.

00:50

**Carolyn Dickens, MSN:** Nice to meet you. My name is Carolyn. I'm a nurse practitioner. I work in cardiology. And you're here to see me today because of your recent admission and discharge from the hospital. I reviewed your documentation in the medical record, and it appears that you had a heart attack?

01:06

**Ms. Sharma:** Yeah. Yeah, I did. I'm here because I was referred to you to help manage my ASCVD.

01:16

**Carolyn Dickens, MSN:** Interesting. So, I'm curious. In your own words, what does the term atherosclerotic cardiovascular disease mean to you? That's what ASCVD stands for. What does that mean to you?

01:27

**Ms. Sharma:** Well, I believe it means that I need to eat healthier and move a little more because my heart attack put me at risk for other heart disease in the future.

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**Carolyn Dickens, MSN:** That is an accurate definition. I just want to explain it to you real quickly and then we can kind of get into how you're really doing. But atherosclerotic cardiovascular disease or ASCVD, as I'll refer to it from now on, is really a disease that causes blockages in the vessels in your body. And these blockages can cause heart attacks. They can cause strokes. They can cause blockages in your legs. So it's something we really need to address, and it looks like ASCVD caused you to have a heart attack. So today, I think what we're going to do is we're going to touch on several things.

02:13

**Carolyn Dickens, MSN:** The first I really want to see is how are you feeling? Have you been having any chest pain since you were discharged from the hospital over a month ago?

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**Ms. Sharma:** No, not really, no.

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**Carolyn Dickens, MSN:** OK, how about your medications? Have you been taking your medications like you were prescribed?

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**Ms. Sharma:** I mean, yeah. I mean, I'm trying to remember. It's hard sometimes.

02:33

**Carolyn Dickens, MSN:** I find a pill box works for that, but you need to take your medications every

04:44

**Ms. Sharma:** OK, so if I get my cholesterol under control, does that mean I no longer have ASCVD?

04:52

**Carolyn Dickens, MSN:** Well, unfortunately not. It should help it and should help the progression of it. But as I mentioned in the very beginning of our conversation, there are several risk factors for ASCVD, and cholesterol is just one of them. The best thing that you can do to help your cholesterol is what I kind

07:15

**Ms. Sharma:** I walk. I try to walk as much as I can. I don't have a lot of activity in my life. I have to be honest.

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**Carolyn Dickens, MSN:** And what are you doing now since you got out of the hospital?

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09:48

**Ms. Sharma:** Ok.

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**Carolyn Dickens, MSN:** You could go less, or more. But again, it's built for patients who just had heart attacks.

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**Ms. Sharma:** OK,

09:57

**Carolyn Dickens, MSN:** So let's talk about your eating. Now, who usually does the cooking in your house?

10:01

**Ms. Sharma:** Oh, I do. Yeah.

10:03

**Carolyn Dickens, MSN:**

11:51

**Carolyn Dickens, MSN: OK.**

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**Carolyn Dickens, MSN:**

15:03

**Carolyn Dickens, MSN:** It's also a cornerstone of the future you have with ASCVD and preventing it from getting worse and hopefully improving your further health outcomes. You know, the final thing I want to touch on is you and I are going to be working together in the future. And how are you going to contact me? I don't know if you have access to an electronic medical record, but there are several ways you can reach me. You can get a hold of me through the clinic. You can get a hold of me, have you used the patient portal for the EMR?

15:32

**Ms. Sharma:** I haven't, but I think my son may have when I was in the hospital. I'm not sure.

15:40

**Carolyn Dickens, MSN:** Before you leave today, I will set you up with one of our staff members and they can help you get set up with that. And that is an excellent way for communicating with me. And you can also have access to some of your lab work to your notes. I really encourage you to use that some a 10.8 (2.3

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