

HOW DO I TAKE A STATIN SAFELY?

- **Know why your health care provider recommended a statin.** If you have questions, ask them.
- **Share any concerns.** Be open about any concerns that might get in the way of you filling the prescription or taking it the right way.
- **Report side effects.** Some common side effects are headaches, difficulty sleeping and muscle aches. Tell your PCP if you experience rarer side effects such as severe muscle pain, weakness, fever, rash or itching, dark urine, yellowing of the skin or the whites of the eyes. Your PCP will evaluate you and find other options to keep your brain and heart protected.
- **Never stop taking your statin without talking with your health care provider first.** Remember: You may not “feel” better taking a statin; that’s because it is used to prevent problems.
- **Ask if you should avoid certain medications or foods.** Certain beverages, foods and medications may change the way your statin works.

You are being prescribed a statin for:

- ☐ Cardiovascular Condition
- ☐ Diabetes
- ☐ High Cholesterol
- ☐ Other/Prevention

I will fill my medication via:

Pharmacy: _____

Mail Order: _____

I should come back for a blood test on:

____/____/____

I should call my doctor with any questions or concerns at:

*Source:
<https://www.cardiosmart.org/statins>

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STATINS SAVE LIVES



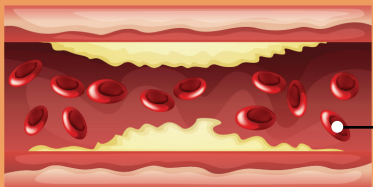
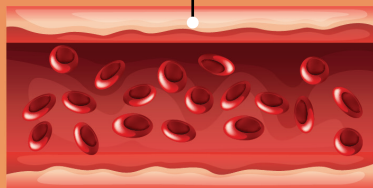
WHAT ARE STATINS?

Statins are medications that are used to help lower cholesterol levels and prevent heart attacks and strokes.

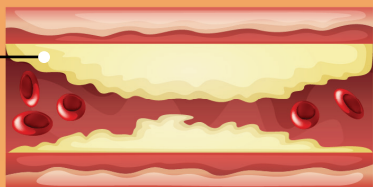
WHAT IS CHOLESTEROL?

Cholesterol is a waxy, fat-like substance that travels through the blood. Very high levels can promote plaque buildup in the walls of arteries and block blood flow, possibly resulting in a heart attack or stroke.

HEALTHY ARTERY



BLOOD CELLS



PLAQUE BUILD-UP

HOW DO STATINS WORK?

Statins lower **cholesterol** in the blood by reducing the liver's ability to make cholesterol.

Statins also appear to help prevent heart attacks and strokes by keeping plaque from breaking apart and forming clots that can move to the heart or brain.

WHO SHOULD TAKE A STATIN?

Your doctor will advise if you should take a statin. A statin is usually advised if:

- You have a **high cholesterol** level.
- You have **cardiovascular disease** such as angina or peripheral arterial disease, or if you have had a heart attack or stroke.
- If you have **diabetes** or other risk factors, as you may be at high risk for developing a heart attack or stroke.

Heart disease is the leading cause of death in the U.S.

More than 600,000 Americans die of heart disease each year. Stroke is another leading cause of death. More than 795,000 people in the U.S. have a stroke each year.



“Nearly half of Americans can benefit from taking a medication to help lower their cholesterol and the chance of having a heart attack or stroke.”*

Not all statins are the same.

If you have a side effect to a statin, you still may be OK to take a lower dose or a different type of statin. Talk to your PCP about the right option for you.

What else can I be doing to lower my chances of having a stroke or heart attack?

Making lifestyle changes, such as:



Healthy Eating Plan



Regular Exercise



Not Smoking

can help protect your heart and improve your overall health.