



STATINS

MEDICATIONS FOR CHOLESTEROL

STATINS HELP MILLIONS OF PEOPLE MANAGE THEIR CHOLESTEROL. MOST PEOPLE CAN TAKE STATINS WITHOUT BAD SIDE EFFECTS. GENERIC, LOW-COST VERSIONS OF THE MEDICINES ARE AVAILABLE. TALK TO YOUR HEALTH CARE PRACTITIONER TO DECIDE IF A STATIN IS RIGHT FOR YOU.



TYPES OF STATINS

- ATORVASTATIN (LIPITOR)
- FLUVASTATIN
- LOVASTATIN (MEVACOR OR ALTOPREV)
- PITAVASTATIN (LIVALO OR ZYPITAMAG)
- PRAVASTATIN
- ROSUVASTATIN (CRESTOR OR EXALLOR SPRINKLE)
- SIMVASTATIN (FLOLIPID OR ZOCOR)

WHAT DO THEY DO?

STATINS DECREASE YOUR BAD CHOLESTEROL (CALLED LDL) AND INCREASE YOUR GOOD CHOLESTEROL (HDL). LDL IS BAD BECAUSE IT CAN BUILD UP INSIDE YOUR ARTERIES, AND INCREASE YOUR RISK FOR HEART ATTACK OR STROKE. OVER 40 MILLION ADULTS IN AMERICA CURRENTLY TAKE THEM.

HOW DO THEY WORK?

STATINS WORK BY BLOCKING A CHEMICAL IN YOUR LIVER FROM MAKING CHOLESTEROL. YOUR BODY MAKES 75% OF YOUR CHOLESTEROL. THE OTHER 25% COMES FROM THE FOOD WE EAT. SOME PEOPLE CAN HAVE HIGH CHOLESTEROL EVEN IF THEY EAT HEALTHY, BECAUSE THEIR GENES TELL THE BODY TO MAKE MORE CHOLESTEROL THAN THEY NEED.

WHO NEEDS TO TAKE THEM?

PATIENTS WHO HAVE:

- HIGH CHOLESTEROL (LDL ABOVE 190) THAT COULDN'T LOWER THEIR CHOLESTEROL WITH EXERCISE
- HAD A STROKE, HEART ATTACK, OR PERIPHERAL ARTERY DISEASE
- HAVE AN LDL OF 70, ARE AGE 40-75, AND HAVE A HIGH RISK OF HEART DISEASE OR CURRENTLY HAVE DIABETES

POSSIBLE SIDE EFFECTS

GOOD:

- LOWER RISK OF STROKE OR HEART ATTACK

MILD:

- HEADACHE
- NAUSEA, DIARRHEA, GAS, CONSTIPATION
- DIZZINESS
- ACHY MUSCLES OR JOINTS

RARE:

- CONFUSION
- MEMORY LOSS
- KIDNEY OR LIVER DAMAGE

CAN I EVER STOP THEM?

IF YOU STOP TAKING STATINS, YOUR CHOLESTEROL WILL GO BACK UP. YOU PROBABLY WILL NEED TO TAKE THEM FOR YEARS. WHILE STATINS LOWER CHOLESTEROL, THEY ARE NOT A CURE. YOU SHOULD ALSO EXERCISE AND EAT HEALTHY TO SUPPORT THE EFFECTS OF STATINS.

IF YOU ARE HAVING PROBLEMS WITH MUCLE OR JOINT PAIN, WEAKNESS, HAVE A FEVER, OR DARK COLORED URINE, YOU SHOULD CALL YOUR HEALTH CARE PRACTITIONER.

SOURCE: [HTTPS://MY.CLEVELANDCLINIC.ORG/HEALTH/TREATMENTS/22282-STATINS](https://my.clevelandclinic.org/health/treatments/22282-statins)

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