

## Drugs for Cholesterol: Statins

This handout describes statins, which are used to lower your cholesterol level. It also offers tips for taking them and lists side effects.

### Change your lifestyle

- Eat a heart healthy diet
- Exercise for a healthy heart
- Lose weight

### Do you need to take drugs to lower your cholesterol

- If your LDL cholesterol is 130 or more
- If your LDL cholesterol is 100 or more and
  - Heart attack or heart surgery
  - Diabetes or high blood sugar
  - High blood pressure
  - Smoker
  - Low HDL cholesterol level
  - Family member has heart disease
  - Your doctor says you are at risk for heart problems

### Circle the drug you take

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  - Fluvastatin (Lescol)
  - Atorvastatin (Lipitor)
  - Lovastatin (Mevacor)
  - Pravastatin (Pravachol)
  - Simvastatin (Zocor)
  - Rosuvastatin

### Tips for taking statins

- Most statins are taken at night
  - Atorvastatin (Lipitor) can be taken at any time of the day
  - Lovastatin (Mevacor) should be taken with meals
- Do not drink grapefruit juice or eat grapefruit
- Stop taking the drug right away if you are pregnant

## **Drugs for Cholesterol: Statins Cont'd**

### **Get your blood checked**

- 6 weeks after you start a statin
- Then again in another 6 weeks
- Then once every 6 months

### **Side effects**

- Stomach upset
- Liver problems
  - You may need to get a blood test every 6 months
- Sore muscles and also feel very tired or have a fever
  - Stop taking the drug and call your doctor