

STATINS: Myths vs. Facts

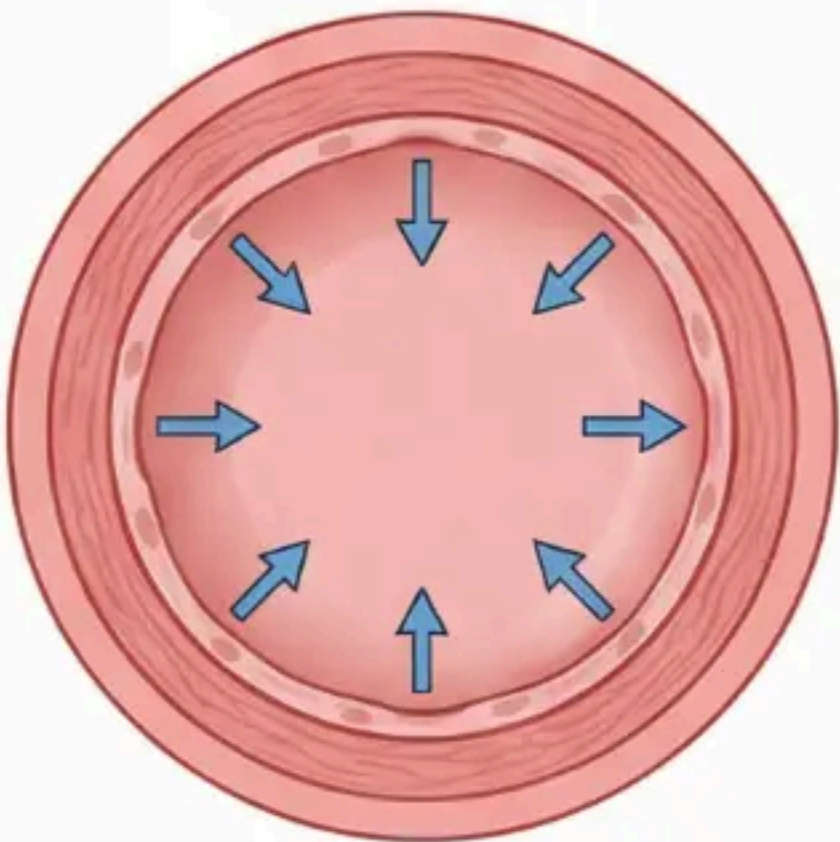
Understanding Cholesterol Medication and Heart Health

COMMON MYTHS ABOUT STATINS

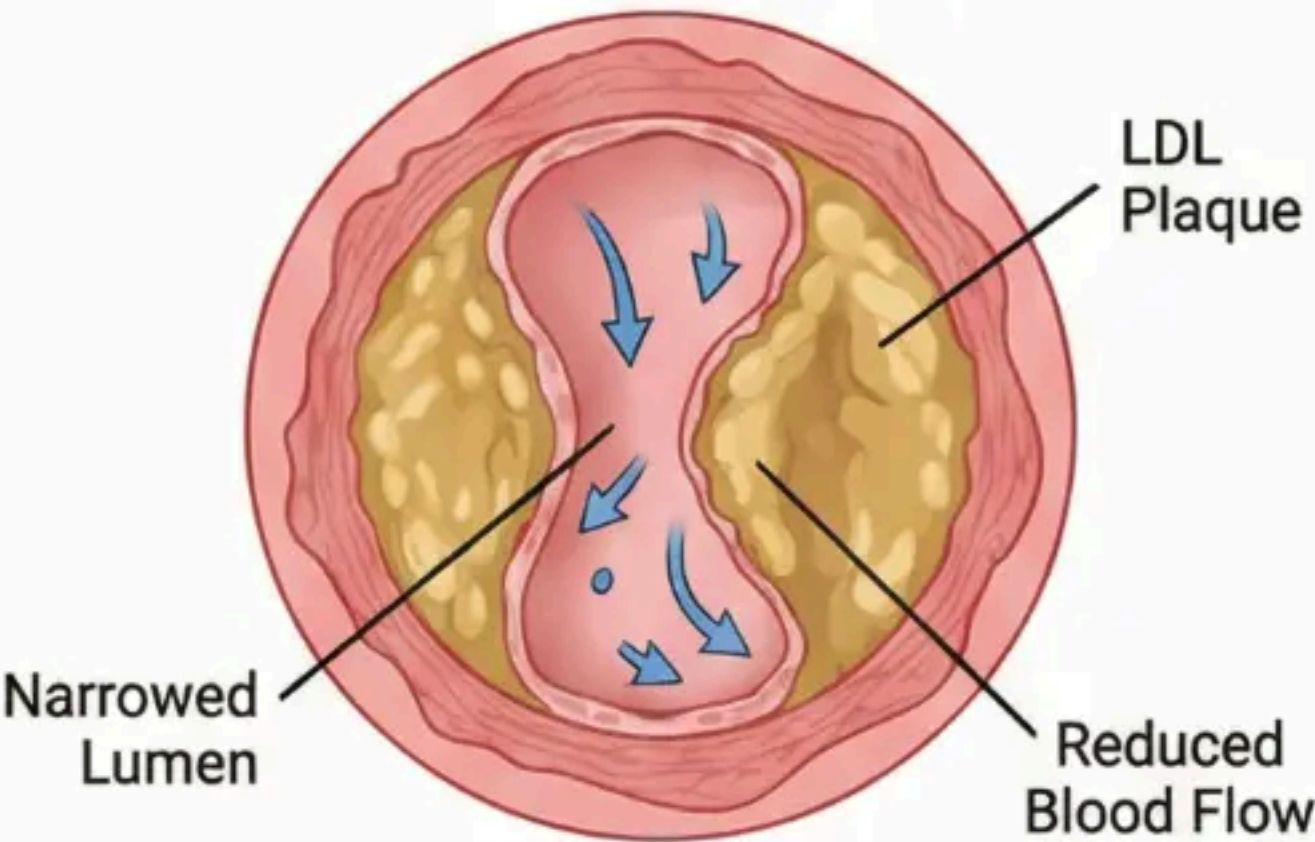
<div><div>✗ MYTH</div><div>Statins cause severe muscle pain in everyone</div></div>	<div><div>✓ FACT</div><div>Only 5-10% experience muscle symptoms. Most tolerate statins well.</div></div>	<div><div>✗ MYTH</div><div>Statins are dangerous and toxic</div></div>	<div><div>✓ FACT</div><div>Safe for most. Serious side effects: 1 in 1-2 million patients.</div></div>
<div><div>✗ MYTH</div><div>Statins cause memory loss and dementia</div></div>	<div><div>✓ FACT</div><div>Research shows NO link to dementia or Alzheimer's.</div></div>	<div><div>✗ MYTH</div><div>Diet alone is enough</div></div>	<div><div>✓ FACT</div><div>Genetics play major role. Many need medication.</div></div>
<div><div>✗ MYTH</div><div>Diet alone is enough</div></div>	<div><div>✓ FACT</div><div>Genetics play major role. Many need medication regardless of diet.</div></div>	<div><div>✗ MYTH</div><div>Natural remedies work as well</div></div>	<div><div>✓ FACT</div><div>Statins reduce LDL 20-50%, significantly reduce heart attack/stroke risk.</div></div>

UNDERSTANDING LDL & ATHEROSCLEROSIS

HEALTHY ARTERY



DISEASED ARTERY



HOW LDL CAUSES HEART DISEASE

