

# STATINS: Myths vs. Facts

Understanding Cholesterol Medication and Heart Health

## COMMON MYTHS ABOUT STATINS

### MYTH

Statins cause severe muscle pain in everyone

### FACT

Only 5-10% experience muscle symptoms. Most tolerate statins well.

### MYTH

Statins are dangerous and toxic

### FACT

Safe for most. Serious side effects: 1 in 1-2 million patients.

### MYTH

Statins cause memory loss and dementia

### FACT

Research shows NO link to dementia or Alzheimer's.

### MYTH

Diet alone is enough

### FACT

Genetics play major role. Many need medications of diet.

### MYTH

Diet alone is enough

### FACT

Genetics play major role. Many need medication regardless of diet.

### MYTH

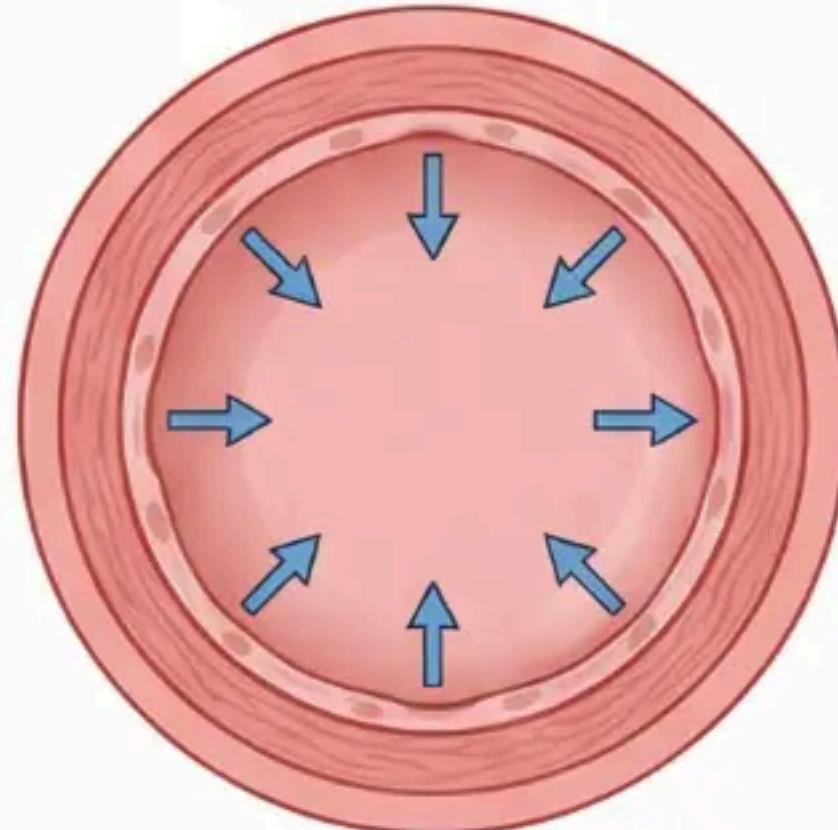
Natural remedies work as well

### FACT

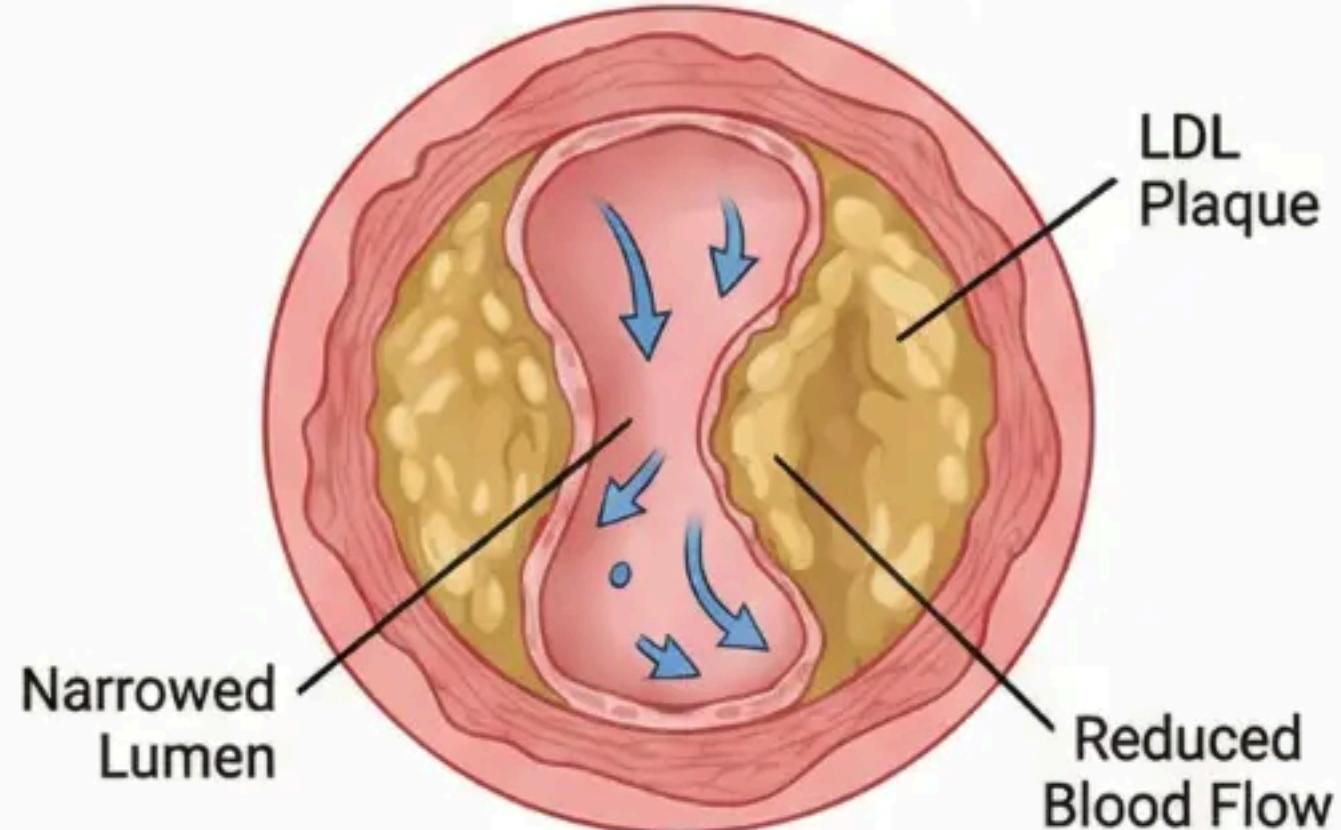
Statins reduce LDL 20-50%, significantly reduce heart attack/stroke risk.

## UNDERSTANDING LDL & ATHEROSCLEROSIS

### HEALTHY ARTERY

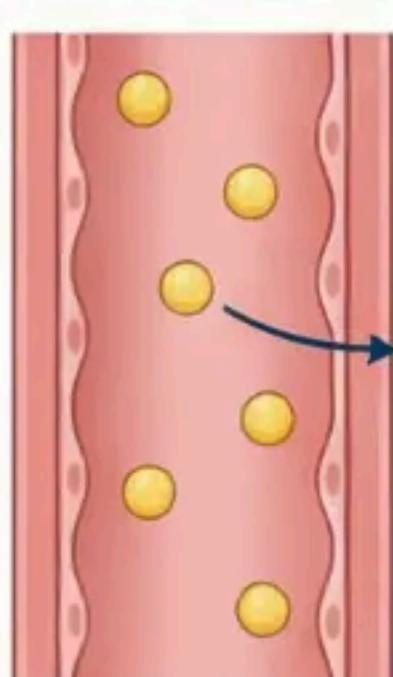


### DISEASED ARTERY

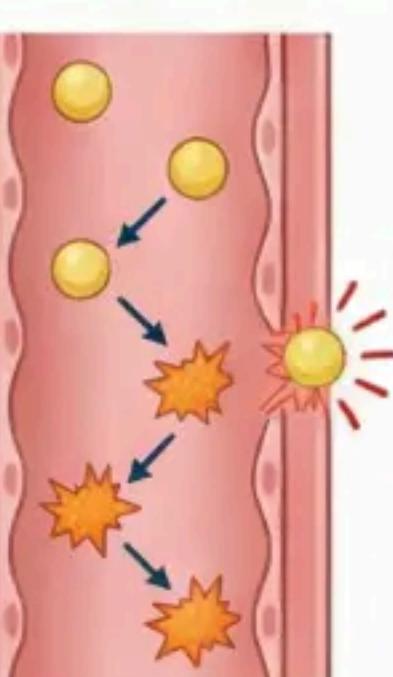


## HOW LDL CAUSES HEART DISEASE

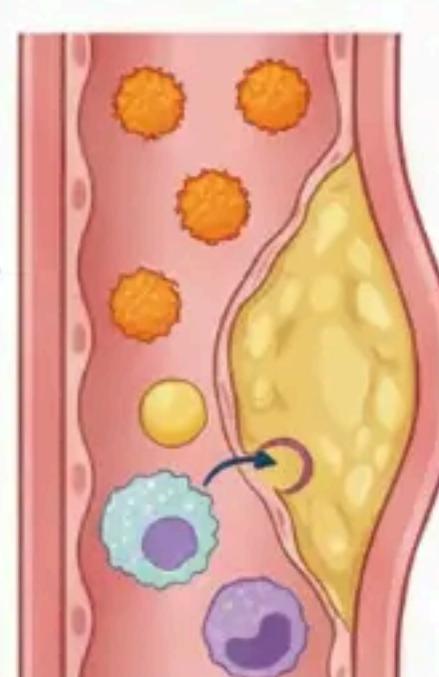
### LDL Enters Artery Wall



### LDL Becomes Oxidized



### Plaque Forms & Grows



### Artery Narrows - Risk Increases

