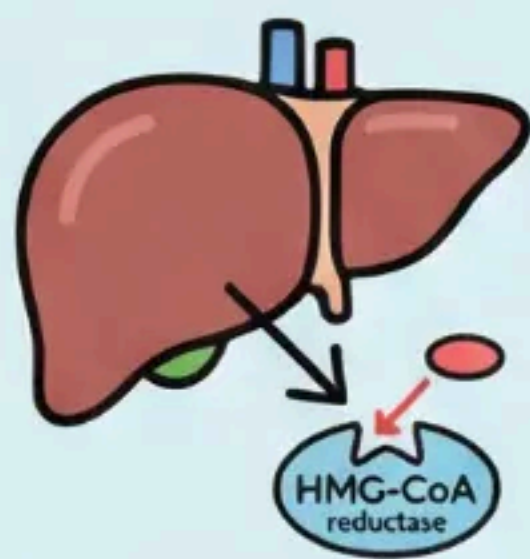


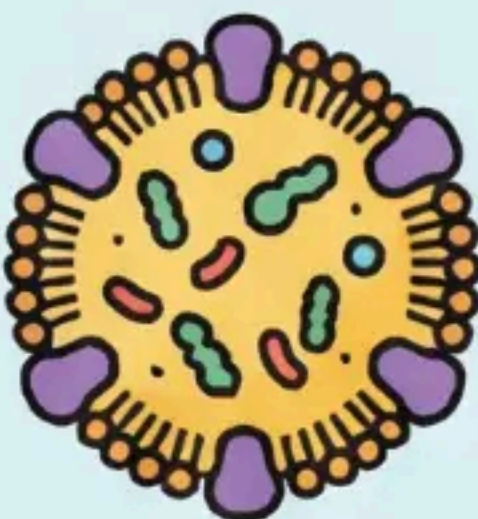
# STATINS: Your Questions Answered

Evidence-Based Information for Patients





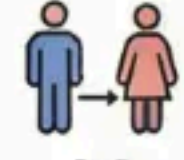
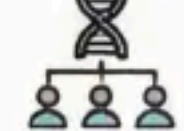
## 1. HOW STATINS WORK



- Block **HMG-CoA reductase** enzyme in liver that produces cholesterol
- Reduce LDL ("bad") cholesterol by 20-50% depending on dose
- May have **anti-inflammatory** effects and help stabilize plaques
- Can reduce cardiovascular events within 1-2 years of treatment



## 2. WHEN ARE STATINS RECOMMENDED?

-  ✓ History of heart attack or stroke
-  ✓ Diabetes with additional cardiovascular risk factors
-  ✓ High LDL cholesterol levels (typically >5.0 mmol/L)
-  ✓ 10-year cardiovascular disease risk  $\geq 7.5\%$
-  ✓ Age 40-75 with high cholesterol and risk factors
-  ✓ Familial hypercholesterolemia (genetic high cholesterol)

## 3. BENEFITS VS. RISKS



BENEFITS	POTENTIAL SIDE EFFECTS
<ul style="list-style-type: none"><li>• Reduce LDL cholesterol by 20-50%</li><li>• Reduce heart attack risk by 20-30%</li><li>• Reduce stroke risk by 20-30%</li><li>• Reduce cardiovascular death</li><li>• Generally well-tolerated</li><li>• Proven safe in millions of patients</li><li>• Decades of clinical evidence</li></ul>	<ul style="list-style-type: none"><li>• Muscle pain/weakness (5-10%)</li><li>• Usually mild and manageable</li><li>• Digestive problems (uncommon)</li><li>• Liver enzyme elevation (rare)</li><li>• Mental fuzziness (very rare)</li><li>• Serious events extremely rare (1 in 1-2 million)</li></ul>



**KEY TAKEAWAY:** For most people at cardiovascular risk, the benefits of statins far outweigh the risks. Side effects are manageable and often resolve with dose adjustment or switching medications. **Talk to your healthcare provider** about whether statins are right for you.