

Who would benefit from statin therapy?

What is Cholesterol?

Cholesterol is a waxy substance found in each cell, and used by your body to make certain hormones and vitamin D. **However, too much cholesterol can be harmful.**

Atherosclerotic cardiovascular disease (ASCVD) causing heart disease, strokes and peripheral blood vessel disease has many causes including **high Low-Density Lipoprotein-Cholesterol (LDL-C) or "bad" cholesterol.**

Studies show a **lower risk of heart disease and stroke** with **lower levels of LDL cholesterol.**

What are Statins?



Statins are cholesterol-lowering medicines that have been widely used for over 30 years.



Statins reduce cholesterol production by your liver. Liver cells then remove LDL cholesterol from the blood.



Statins reduce cardiovascular events like heart attacks and strokes, especially in people with a high risk of heart disease.

Who is likely to benefit from a statin?

- Anyone with a known history of **heart disease, stroke, or peripheral blood vessel disease.**
- Anyone with **persistent severely high blood LDL cholesterol levels (LDL-C greater than 190 mg/dL or greater than 4.9 mmol/L).**
- Most adults age **40 to 75 years old with diabetes.**
- Most adults age **40 to 75 years old assessed by their healthcare team** to have a high risk of developing heart disease or stroke in the future.
- A healthy lifestyle is an important part of reducing your risk of heart disease. Work with your healthcare team on **optimizing your blood cholesterol, blood sugar, and blood pressure through diet, exercise, and weight management.**

What are the side effects of statins?

- Over many years, statins have been **safely used by people without side-effects.**
- The most common side-effect reported is **mild muscle aches.**
- People at high-risk of diabetes may be diagnosed with diabetes sooner; however, **statins do not cause diabetes.**

If you experience any side-effects with a statin, please contact your healthcare team.