

TAKING STATINS



Your doctor prescribed a statin to lower cholesterol and avoid stroke or heart attack



Statins can reduce your risk of stroke and heart attack by 25-35%

WHAT IS CHOLESTEROL?

A fat-like substance in your blood. Too much can clog your arteries and make a heart attack or stroke more likely.

You may be asked to take a statin even if your cholesterol levels are normal



HOW COMMON ARE SIDE EFFECTS FROM STATINS?



Good news, most patients have no side effects from statins.



Serious muscle, liver or kidney injury is rare.



Stop statin and see your doctor as soon as possible if you notice changes to the colour of your urine (dark), skin/eyes (yellow), or if you feel unwell/tired and have vomiting that does not go away.

Muscle aches/stiffness is possible but is not always related to statins. In rare cases, muscle aches can be a sign of a more serious muscle problem related to statins.



If you have mild muscle aches, book a visit with your doctor to discuss this.

If you have severe muscle aches not related to exercise, stop taking your statin and see your doctor as soon as possible.

Your doctor can do a blood test to find out if muscle aches are related to statins.

WHAT YOU CAN DO:

Take your statin at the same time every day. Most statins work best when taken in the evening with supper or at bedtime



If you miss a dose:



- If it is within 12 hours of usually taking it, take the missed dose
- If it is more than 12 hours, skip the dose



Report any side effects to your doctor or pharmacist so that they can give you some tips on how to minimize them or make changes to your medicine

Make an appointment with your doctor before your prescription runs out



To prevent problems with your liver, limiting alcohol is recommended



Tell your pharmacist or doctor about all the medicines that you may be taking, including vitamins, herbal products or recreational drugs. Also discuss grapefruit juice as some statins interact with this.



Statins should not be used if you have liver disease or if you are pregnant

Lifestyle changes to lower cholesterol should be used along with statins. Some changes that can help include:



Eat a Healthy Diet



Be active



Manage Weight



Don't Smoke



TALK TO YOUR HEALTHCARE PROVIDER IF YOU HAVE QUESTIONS ABOUT OR ARE HAVING TROUBLE TAKING YOUR MEDICATIONS