

Questions and Answers about Statin Medicines

Why is this statin medicine being given to me? Why should I lower my cholesterol?

- This medicine will help lower the cholesterol and other fats in your body.
- When there is too much cholesterol in your body, it stays inside your blood vessels, making it harder for the blood to flow.
- When this happens, it can cause chest pain and heart attacks.

I feel fine, so why should I take medicine now?

- High cholesterol does not make you sick until it has led to heart disease.
- That is why it is important to take the medication every day, even if you feel well.

Is taking medicine the only way to decrease cholesterol in my body?

- No! Eating healthy foods and walking or being active every day also works.

How do I take this medicine?

- It is important to take the medicine the way your doctor told you.
- Most people take statins one time a day at bedtime or with dinner. Take your medicine at the same time every day. Try to link it with something else that you do regularly, like brushing your teeth.
- DO NOT drink grapefruit juice or eat grapefruit when taking this medicine. This can cause you to end up with too much medicine in your blood.

Will I always take the medicine the same way?

- Your doctor will check your blood and change the amount of medicine depending on your cholesterol levels.
- You may need to take the statin for the rest of your life because there is no cure for high cholesterol.

What should I tell my doctor before starting this medicine?

- *ALL the medicines you take.* Some medicines cause problems with statins.
- *How much alcohol you drink.* Alcohol with statins might cause damage to your liver.
- *If you are pregnant or might be.* This medicine may harm your baby.

Can this medicine cause problems?

- Sometimes this medication can cause pain, soreness or weakness in the muscles.
- Very rarely it causes urine to be dark or damage to your liver. If this happens, you might have a fever, feel hot or sick to your stomach and notice yellowing of your skin or eyes.

If any of these symptoms happen, stop taking the medication and tell your doctor right away.

What other information should I know?

- Come to all your doctor and laboratory appointments. Your doctor will order lab tests to see how the medicine is working.
- Remember, by taking the statin medicine every day, you will lower your risk of heart disease.