

STATIN MEDICATIONS



Statin medications are prescribed to help lower your cholesterol. There are many misconceptions about statin medications, in which there has been little science backing these false claims.

You should feel confident in your prescription drug use, and AultCare is here to help you understand the science behind statin use. Knowing the truth will help clear the confusion caused by these common myths.

Taking a statin as prescribed can help reduce your risk of stroke or heart attack, helping you live a healthier life.

Myth	Fact
Statins have little benefit	Statins have been extensively studied in a variety of people. The most recent studies show patients that take statins have a lower risk for cardiovascular (CV) events, such as heart attacks, strokes or death. <ul style="list-style-type: none">• Prevents 1 CV event for every 20 people treated that have previously had a heart attack, stroke, mini-stroke or blockage in other blood vessels after 4-5 years of statin treatment.¹• Prevents 1 CV event for every 50 people treated who have not had a CV event after 4-5 years of statin treatment.²
Statins will cause muscle pain	Less than 5% of people on statins will develop muscle pain. ¹ <ul style="list-style-type: none">• If pain is related to the medication, you may be able to take a different statin, reduce your dose, or change frequency.
Statins aren't needed if cholesterol levels are OK	Statins have benefits beyond lowering cholesterol, including antioxidant effects, which can minimize inflammation, also lowering the chance of heart attack or stroke. ⁴
Other prescriptions used to lower cholesterol are as good or better than statins	As reported by the American College of Task Force, statins are the most effective initial therapy for people with a history of diabetes, cardiovascular disease, or high cholesterol. ¹

Take control of your health. The use of statin paired with a healthy lifestyle, may reduce the risk of stroke and heart attack.

Live a life of well-being by eating a healthy diet, increasing your physical activity, and taking your medications as prescribed. By incorporating these steps and taking a statin, you can reduce your risk of disease and live a healthier life!

¹ Improve Patient Adherence to Statins. Pharmacist's Letter. 2017; 33(11). Detail-Document#: 331101. <https://pharmacist.therapeuticresearch.com/Content/Articles/PL/2017/Nov/Improve-Patient-Adherence-to-Statins>. Accessed June 29, 2018.

² Turgeon R, Allan GM. Statin-induced diabetes: too sweet a deal? Can Fam Physician. 2013; Jul; 59(7); e311.

³ Boehringer S, Blackwelder, RB, Darby-Stewart A, et al. Helping Patients Adhere to Statins. <https://pharmacist.therapeuticresearch.com/Content/Segments/PRU/2017/Nov/Helping-Patients-Adhere-to-Statins-11649>. Published Oct 10, 2017. Accessed June 29, 2018.

⁴ American Diabetes Association. Standards of Medical Care in Diabetes - 2018. Diabetes Care. 2018; Jan; 41 (Suppl 1): S1-S159.