



Statins prevent heart disease

Taking a statin is a powerful way to prevent heart disease.

Statins help lower cholesterol but also act in other ways to protect your heart, such as preventing inflammation and clots in blood vessels that can lead to a heart attack or stroke. If you are at risk of developing heart disease, your healthcare professional may recommend a statin even if your cholesterol is not very high. Common statins are atorvastatin (Lipitor) and rosuvastatin (Crestor).

The most common side effect of statins is muscle soreness, though this occurs in only a small percentage of people. In most cases, the muscle aches are mild. Talk to your healthcare professional if you are concerned about side effects. If you experience muscle aches after starting a statin, your healthcare professional may recommend a different statin or a lower dose. In many cases, this prevents muscle symptoms from returning.

Talk to your healthcare professional about additional options that could lower your risk of heart disease, such as:

- eating a balanced diet
- regular physical activity
- stopping smoking



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These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition. These materials were made possible by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania. Links to references can be found at [AlosaHealth.org](https://www.AlosaHealth.org).

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