

Medication Information: **Statins**



What are Statins?

Statins are prescription medicines used to lower cholesterol. Taking a statin can help **reduce a person's risk of heart attack, stroke, and other problems with blood vessels**, including those in the legs.

Doctors may prescribe a statin for people with high cholesterol, heart disease, diabetes, blood vessel problems, or kidney disease.

Below is a list of common statins and their brand names. Some drugs may include a statin along with a different type of medication.

List of Statins

- Atorvastatin (Lipitor®, Atorvaliq®)
- Fluvastatin (Lescol XL®)
- Lovastatin (Altoprev®)
- Pitavastatin (Livalo®, Zypitamag®)
- Pravastatin (Pravachol®)
- Rosuvastatin (Crestor®, Ezallor Sprinkle®)
- Simvastatin (Zocor®, FloLipid®)

List of Statins Combined with Other Heart Medicines

- Amlodipine and atorvastatin (Caduet®)
- Ezetimibe and rosuvastatin (Roszet®)
- Ezetimibe and simvastatin (Vytorin®)

What do I need to know about taking a **statin**?



- **Take your medicine at the same time each day.** Try not to miss or skip doses.
- **Some statins work best if taken in the evening or with food.** Some statins should not be taken if eating a grapefruit or drinking grapefruit juice. Refer to the label on your medicine bottle or talk to your doctor or pharmacist to learn the best way to take your statin if this applies to you.
- **Check with your doctor or pharmacist** any time you start or stop any new medication or supplement.
- **When taking a statin, you may need blood tests** to see how it is affecting your body and cholesterol levels.
- **Most people do not have problems with taking statins,** but you should tell your doctor if you develop muscle aches. Your doctor may change your dose, switch to a different statin, or try a different drug to reduce muscle aches. Do not stop or change how you take your medicines without talking to your doctor first.
- **Statins work best when combined with lifestyle changes** such as increasing physical activity, eating healthy foods, and avoiding smoking.

If you have heart disease, diabetes, or kidney disease and are not taking a statin, ask your doctor if a statin is right for you.

Reference:

2023 AHA/ACC/ACCP/ASPC/NLA/PCNA guideline for the management of patients with chronic coronary disease: a report of the American Heart Association/ American College of Cardiology Joint Committee on Clinical Practice Guidelines. Circulation. 2023;148(9):e9-119.