

## Statins (1 of 1)

These drugs are prescribed to lower blood cholesterol levels and to prevent heart disease and a stroke. The most commonly used are simvastatin (Zocor), atorvastatin (Lipitor) and pravastatin (Lipostat) and they are taken once daily ideally at bedtime or first thing in the morning.

### Who benefits from taking a statin?

You will benefit if:

- you have heart disease or have had a stroke in the past - to prevent further ones from happening;
- you are at greater risk of having heart disease or a stroke in the future. This risk will be discussed with you by your doctor or nurse but most of the categories below would be judged as carrying a greater risk
  - \* Cholesterol greater than 5 mmol/l
  - \* High blood pressure
  - \* Smoker
  - \* Kidney disease
  - \* Circulatory disease of the legs caused by disease of the arteries
  - \* Strong family history of heart disease
  - \* Obesity

### Side effects of Statins

Statins are widely prescribed and have proven extremely effective at reducing the rates of heart disease (by 25-40% over 5 years). Side effects can occur as with any prescribed medication **but muscles aches and weakness rarely appear with these tablets and since this may indicate a serious muscle side effect you should report this straight away to your doctor.**

### Cholesterol monitoring

After taking one of the Statin drugs 6 weeks, you will need a blood test to judge how effective this has been. Once you are on the right dosage you will only need a blood test for cholesterol once a year.

More information can be found on the leaflet contained in the box of tablets.

**Contact: Dr Martin Smith**  
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If you need this information in another language or medium (audio, large print, etc) please contact the Patient Advice and Liaison Service (PALS) on 0800 374 208 email: [palservice@salisbury.nhs.uk](mailto:palservice@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital

We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the Data Protection Act 1998.

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