

# Cholesterol Medicines: Understanding Statins

Statins are one type of medicine you may take for your cholesterol.

They can lower your risk of heart attack, stroke, and other blood vessel diseases.

Cholesterol is a fat-like substance that is made by your body. It is also in some foods.

Statins help lower the amount of cholesterol your body makes. You then have less cholesterol in your blood.

Different statins are available. You and your healthcare provider will choose the best one for you. This choice will be based on your health history, your cholesterol levels, and other medicines you take.

Tell your healthcare provider if you have any side effects, like muscle or joint pain. Your provider may change your dose or find another statin that causes fewer side effects.

Take your statin as directed. Your healthcare provider will keep an eye on how well it is lowering your blood cholesterol. They may make changes in your medicine until your cholesterol is at a healthy level.

Ask your healthcare provider any questions you have about taking a statin.