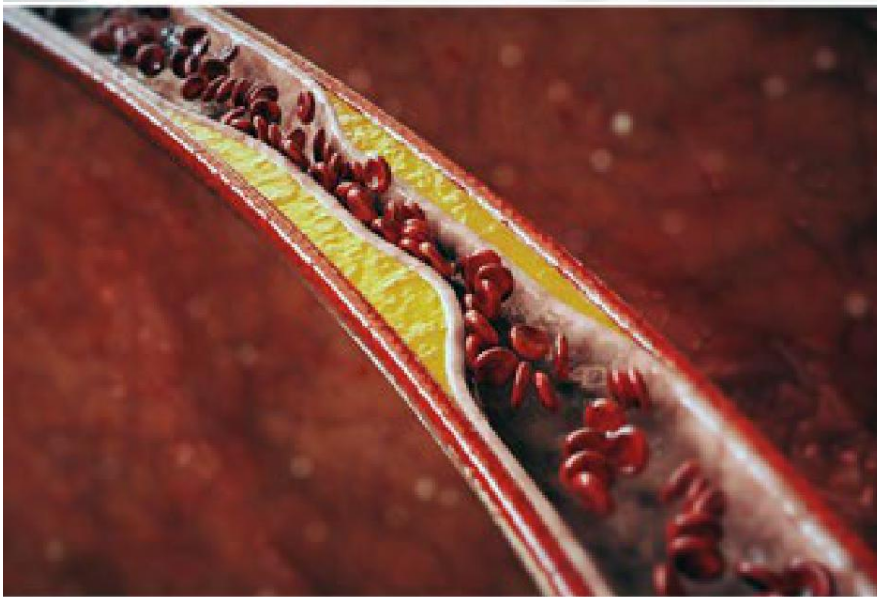




Statins



Overview

These drugs lower the level of LDL cholesterol in your blood. LDL cholesterol is known as "bad" cholesterol. Having high levels of bad cholesterol is dangerous. It sticks to artery walls to form plaque. Plaque causes blood clots to form. It can break away and clog blood vessels. By reducing bad cholesterol, we lower your risk for heart disease and stroke.

How do they work?

How do statins work? They block a protein that your liver uses to make bad cholesterol. Statins draw out bad cholesterol from existing plaque, stabilizing plaque in your arteries. Statins also raise the level of good cholesterol in your blood.

Are they safe?

Are statins safe? They can be used safely by many people who have risk factors for heart disease and stroke. But they aren't for those who are pregnant or who have liver disease. And if you're taking a statin and want to stop, follow your doctor's instructions so you do it safely.

Conclusion

If you have high cholesterol that doesn't go down with diet and lifestyle changes, talk to your doctor. Find out if a statin is right for you.