

## HIGH CHOLESTEROL: UNDERSTANDING STATINS

### TRANSCRIPT

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In order to help you reach your cholesterol goals, your healthcare provider will probably recommend you take medications.

One common type of medication prescribed to manage your cholesterol is called a statin. Statins have been proven to lower your risk of heart attack, stroke and other blood vessel diseases.

Cholesterol is made by our bodies and it is in the foods we eat. Statin medications work by lowering the amount of cholesterol our bodies make. This lowers the amount of cholesterol in your blood.

There are different statin medications available. Your healthcare provider will work with you to prescribe the best one for you based on your medical history, cholesterol levels, and current medications.

Let your healthcare provider know if you experience muscle or joint pain, or any other side effects. Your healthcare provider may be able to change your dose or find another statin medication that causes fewer side effects for you.

Take your statin medication as prescribed. Your healthcare provider will monitor how well it is working to lower your blood cholesterol levels. Adjustments in your statin medication may be made until your cholesterol is under control.

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