

Protect Your Heart—Control Your Cholesterol

Take Your Medicine—Statins

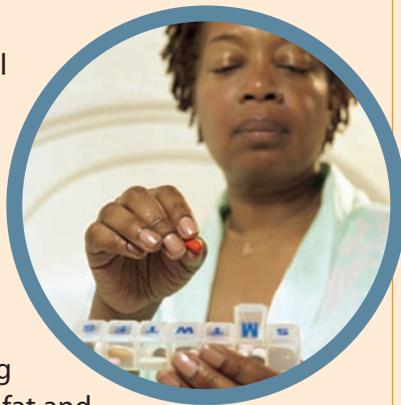
Having high cholesterol is serious.

You may feel fine, but you are at higher risk for a heart attack, stroke and even death.

Your health care provider has prescribed you a 'statin', a cholesterol-lowering medicine.

The first step to taking your medicine is to know what you are taking and how to take it.

- Taking your cholesterol medicine will help protect your heart.
- You should take it EVERY DAY- even when you are feeling good.
- **DON'T FORGET:** Eating foods low in saturated fat and being physically active are still very important. Doing these things can help your medicine work better.



SIDE EFFECTS OF STATINS

- Some people have one or more common reactions to a statin. These can include: headache, nausea, vomiting, constipation, diarrhea, and rash.
- Some people might have muscle pain or weakness, which can be a sign of a dangerous – although uncommon – problem. Call your health care provider right away if you have these symptoms.

REMEMBER: If you experience any side effects or other symptoms that worry you **DON'T** wait until your next visit. Call your health care provider.

TIPS FOR TAKING YOUR MEDICINE

- Take your medicine as part of your daily routine - such as brushing your teeth, eating your breakfast, setting your alarm clock or going to work.
- Ask your health care provider to prescribe medicines taken only once a day if possible.
- Have a friend or family member remind you.
- Use a weekly pill box to help remind you to take your medicine.
- Ask your health care provider to help you make a plan using a medication log. You'll always know when and how to take your medicine.
- Take your medicine log and all of your medicines in a bag every time you visit your health care provider. This way they can help you if there is a problem.

Talk to your health care provider if you are having trouble with your medication for any reason. This can include cost, side effects, taste, etc.

- You may be able to change to a different medicine and find one that is right for you.
- At each visit, tell your health care provider about any other medicine you take, including over-the-counter drugs, vitamins and herbs.
- Ask questions! Your health care provider or pharmacist is there to help you.

