

Heart Health Starts with a Healthy Conversation



Partner with your doctor to ensure you're on a statin that fits your unique needs.

Use the topics below to get your healthy conversation started.

Factors that could impact which statin is most appropriate for you

The following factors could impact which statin is most appropriate for you. Speak up and talk to your doctor about:

- Other medical conditions you have or may be at risk for, such as diabetes or HIV
- Your age (if 65 years or older)
- Other medications and supplements you are taking, such as a calcium channel blocker for high blood pressure or warfarin
- Your ethnicity (if of Asian descent)
- Eating or drinking grapefruit/grapefruit juice

Questions or concerns about which statin is most appropriate for you

Discuss any questions or concerns you may have. For example, you may want to ask:

- What's my cholesterol goal?
- What can I expect when taking my prescribed statin?
- Which statin is most suited to my unique needs?
- Will the statin interact with any other medications I'm taking?

Experiences you may be having on your current statin

Tell your doctor if you're experiencing any side effects or are unsatisfied with your statin. Be sure to mention any of the above factors that can impact your statin treatment, as this may help your doctor determine if a different statin would be better for you.

Other medications you may also be taking

Share with your doctor information about all other prescription and nonprescription medicines you take, including over-the-counter and herbal supplements. Let your doctor know as soon as possible whenever there are any changes to the medicines or supplements you take. This will help your doctor better protect you against the potential for other medications to interfere with your statin and may help minimize the chance for side effects.



Keep the conversation going

If you're experiencing side effects or other challenges with your statin, tell your doctor so you can work together to find a solution. There are multiple statins with different doses, so your doctor may decide that a different statin or a different dose may be a better fit for you. But don't stop taking your statin without talking to your doctor first—your heart health depends on it!

As the Take Cholesterol to Heart spokesperson, actor and comedian Howie Mandel encourages others with high cholesterol to talk openly with their doctor and find the statin that is right for them.