

West Yorkshire and Harrogate Healthy Hearts Project

Switch of Statin Medication

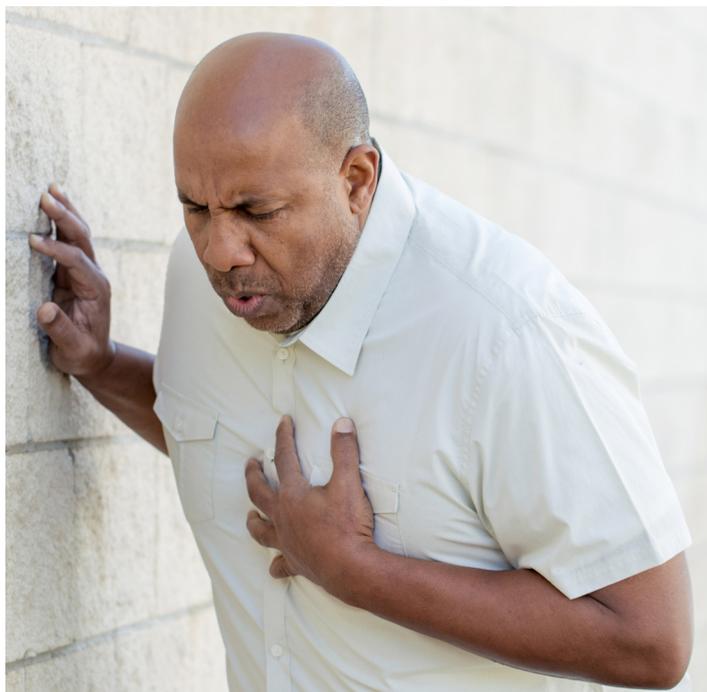


West Yorkshire and Harrogate
HEALTHY HEARTS



EasyRead Frequently Asked Questions

What is cholesterol?



Cholesterol is a type of fat that is in your blood. There is good cholesterol and bad cholesterol.

If you have too much bad cholesterol you can be at risk of having a heart attack, stroke or other heart problem.

Statins are a type of medication that can help to lower the bad cholesterol in your blood.

Your doctor has prescribed statins because your cholesterol is too high.

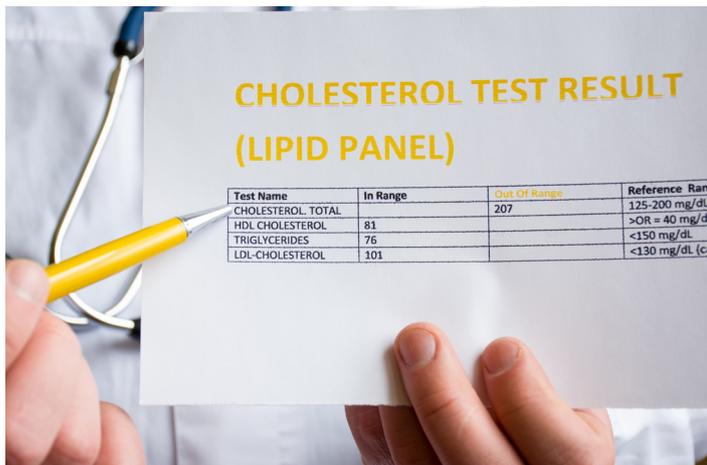
How else can I lower my cholesterol?



You can also lower your cholesterol by:

- Eating a healthy diet
- Being a healthy weight
- Doing regular exercise

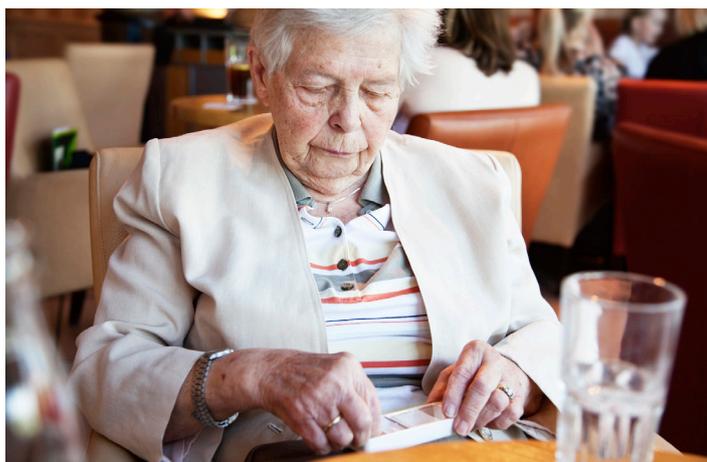
What level should my cholesterol be at?



Test Name	In Range	Out Of Range	Reference Range
CHOLESTEROL TOTAL		207	125-200 mg/dL
HDL CHOLESTEROL	81		>OR = 40 mg/dL
TRIGLYCERIDES	76		<150 mg/dL
LDL-CHOLESTEROL	101		<130 mg/dL (ca)

Your cholesterol level is measured by a blood test. It should be less than 4mmol/L.

But the most important thing is to make sure that your cholesterol levels are going down when you are taking your statins.



One of the reasons why high cholesterol doesn't go down is because people forget to take their statin.

Statins work best when they are taken regularly.

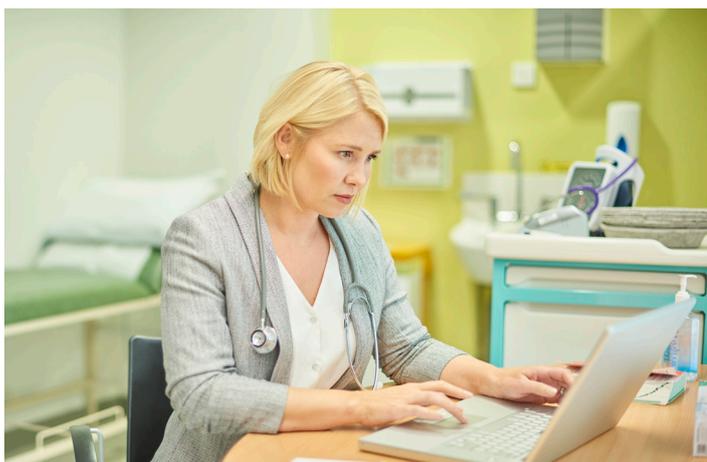


Talk to your practice nurse or pharmacist if you forget to take your medication. They will be able to give you some advice on how to take them regularly and not forget.

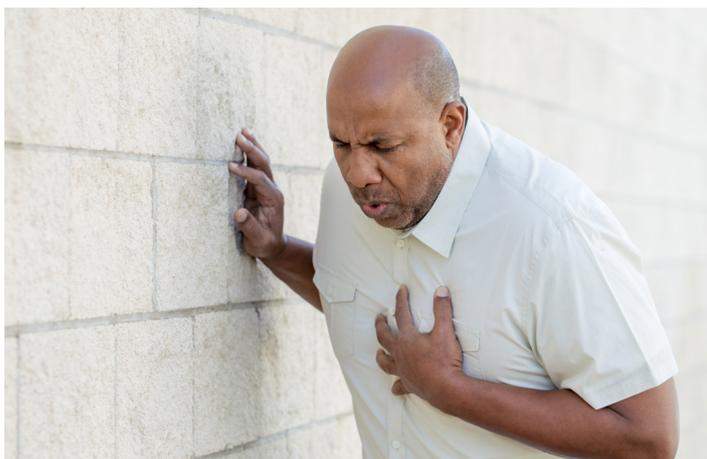
What are the side effects of my new statin medication?



The most common side effects are aches and pains in your muscles. Most people don't have any side effects at all.



A research study said there is a very small chance that some people may get type 2 diabetes when they take statins.



But the study showed that it is better to take statins to cut down your risk of having a heart attack, stroke or other heart problem.



If you do get any side effects and they get worse then tell your doctor.

Before you start taking statins you might have a blood test to see how well your liver works. This is because cholesterol is made in your liver cells.



You might also have to have another blood test a few months after you start taking your statins to check that your liver is ok.



If the doctor thinks your liver is being affected by taking statins they might give you different medication or give you a smaller dose.

I am already on lots of other medication, am I ok to take statins?



Your doctor has checked your records carefully. You are not taking any other medication that will react badly with statins.

If you have any other worries then please talk to your pharmacist.

Where can I find out more information?

You can find out more information about statins and cholesterol at

<https://www.westyorkshireandharrogatehealthyhearts.co.uk/cholesterol>

There are some links to other useful websites like NHS Choices, Heart UK, Blood Pressure UK, British Heart Foundation.



The website also has some information about keeping healthy and tips on exercising and diet.

You can also talk to your pharmacist, practice nurse, or GP for information about statins.

I forgot to take my statin, is this a problem?



You should take your statin every day but if you forget, don't worry, just start taking them again.

Talk to your practice nurse or pharmacist, they will be able to give you some tips on how to take them regularly and not forget.

Do I have to avoid certain foods if I am on a statin?



You can check the leaflet that comes with your medication. If you have any other questions then talk to your pharmacist.

If you are taking simvastatin you should avoid eating grapefruit or drinking grapefruit juice. This is because it can make your side effects worse.



If you are taking atorvastatin you can have an occasional glass of grapefruit juice.

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