

What Is a Statin? Who Needs It?

A statin is a medicine that works to help lower the “bad” cholesterol and raise the “good” cholesterol in your body. Over time, high levels of bad cholesterol in your body can cause heart disease. Even though there are other medicines that help lower high cholesterol, statins have been shown to prevent heart disease, heart attacks and strokes. Some examples of statins include:

- Atorvastatin (Lipitor)
- Rosuvastatin (Crestor)
- Lovastatin (Mevacor)
- Simvastatin (Zocor)
- Pravastatin (Pravachol)

People who have diabetes or heart disease may benefit from taking a statin. Diabetes is a condition where your body is no longer able to process blood sugar properly. Diabetes can cause high blood pressure, blindness, kidney damage and nerve damage. Diabetes can also increase your risk for heart disease. The higher your risk of having a heart attack or stroke, the more you will benefit from taking a statin. Statins also provide greater benefits the longer they are taken.



If you have diabetes or heart disease, ask your doctor if taking a statin is right for you. Statin medicines may interact with certain foods, medicines and supplements. They may also cause side effects such as diarrhea, muscle and joint pain, headache, weakness and skin rash. If you have taken a statin before and experienced any side effects, let your doctor know. Your doctor may be able to change the dose or choose a different statin.

Keep a current list of your medicines with you. Share this list with your doctor. Ask your doctor about possible side effects and if your medicines interact with each other.

Call CalOptima Health Customer Service at **1-714-246-8500** or toll-free at **1-888-587-8088** (TTY 711), Monday through Friday, from 8 a.m. to 5:30 p.m. We have staff who speak your language. To learn more ways to improve your health, please visit us at www.caloptima.org/healthandwellness.



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