



## STATINS

### ■ WHAT ARE STATINS?

Statins are commonly referred to as cholesterol-lowering medications. Some generic and brand names include:

- Atorvastatin (Lipitor)
- Fluvastatin (Lescol)
- Lovastatin (Altacor, Mevacor)
- Pravastatin (Pravachol)
- Rosuvastatin (Crestor)
- Simvastatin (Zocor)
- Simvastatin/Ezetimibe (Vytorin)

### ■ WHAT ARE THEY USED FOR?

Statins are used to lower cholesterol levels in order to help reduce the risk of developing conditions related to high cholesterol. These risks include:

- carotid artery disease (which can lead to stroke);
- coronary artery disease or CAD (which can lead to heart attack); and
- peripheral vascular disease or PAD (which can cause leg or arm pain).

### ■ HOW DO THEY WORK?

Statin medications affect three types of fats in the blood. They work by:

- lowering levels of LDL or low-density lipoprotein ("bad cholesterol");
- lowering triglycerides;
- raising the levels of HDL or high-density lipoprotein ("good cholesterol").

Your liver makes most of your cholesterol. In people with high cholesterol, the liver forms more cholesterol than the body needs. The extra cholesterol goes into the blood. Statins block liver cells from producing too much cholesterol.