

Taking Statins: What you need to know

According to the Centers for Disease Control and Prevention, more than 600,000 people die of cardiovascular disease every year, making it the leading cause of death in the United States. When diet and exercise are not enough to lower your risk, statins are highly effective. The Clinical Pharmacy Team would like to reinforce the health benefits for improved patient outcomes by sharing important information regarding your current statin prescription.

Benefits:

- Lower cholesterol levels even with a low dose
- Lower risk of developing heart disease by 1% with every 1% reduction in LDL
- Reduced risk of heart attack, stroke & other heart problems

To see these benefits, statins must be taken regularly with no more than 2 missed doses per week:

- Use a pill box to keep your medications accessible and organized
- Set an alarm on your cell phone as a reminder
- Establish a routine such as taking medication at the same time as a daily activity (i.e. brushing your teeth), based on the type of statin.
 - Longer acting statins such as atorvastatin and rosuvastatin can be taken at any time of day
 - Other statins should be taken at bedtime
- Keep your medication visible (but out of the reach of children)

If you are experiencing any side effects from the medication, or if you cannot afford your medication, please call your primary care office, or contact the clinical pharmacy team through the patient portal or by calling **716.458.0276** option #4.

Thank you for trusting your health to General Physician, PC. It is an honor and a privilege to serve you.

Sincerely,



Richard Charles, MD
Chief Medical Officer



Samantha Will, Pharm. D
Clinical Pharmacy Program Director