

# HMG-CoA Reductase Inhibitors – “Statins”

## Medications:

- |   |   |
|---|---|
| <input type="checkbox"/> Simvastatin (Zocor®)     | <input type="checkbox"/> Lovastatin (Mevacor®)  |
| <input type="checkbox"/> Atorvastatin (Lipitor®)  | <input type="checkbox"/> Pitavastatin (Livalo®) |
| <input type="checkbox"/> Pravastatin (Pravachol®) | <input type="checkbox"/> Fluvastatin (Lescol®)  |
| <input type="checkbox"/> Rosuvastatin (Crestor®)  |   |

## How do statins work?

- Decrease production of “bad” cholesterol, also known as low-density lipoprotein (LDL)
- Increase removal of cholesterol from the blood
- Form a thick cover over “fatty” plaque in the blood vessels to help avoid plaque rupture

## What are the benefits of statins?

- Lower “bad” cholesterol and triglycerides
- Raise “good” cholesterol, also known as high-density lipoprotein (HDL)
- Stabilize “fatty” plaque in blood vessels
- Decrease risk of heart attacks and strokes

## Are there any special directions for statins?

- Take statins (especially simvastatin, lovastatin, and fluvastatin) at bedtime; this is when your body naturally makes cholesterol
- Avoid grapefruit or grapefruit juice
- Statins can interact with other medications; always check with your doctor or pharmacist before starting or stopping a medication
- You may need to have your liver function checked periodically
- Women: Stop taking this medication & contact your doctor right away if you become pregnant

## What are side effects of statins?

- Constipation, nausea, abdominal pain
- Headaches or vertigo
- Insomnia
- Unexplained muscle pain or weakness
  - If pain or weakness is severe and not due to exercise, physical labor, or another explainable cause, contact your health care provider
- Liver injury
  - Signs and symptoms – fatigue, loss of appetite, dark urine, light-colored stool, pain or discomfort in upper right side of abdomen, yellowing of skin or eyes

**\*\*\*If you have any of these side effects, contact your doctor, nurse, or pharmacist\*\*\***