

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

People who have diabetes or heart disease may benefit from taking a statin.

Diabetes is a disease 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.

If you have diabetes or heart disease, ask your doctor if taking a statin is right for you.

Statin may interact with certain foods, medicines and supplements. They may also cause side effects, such as diarrhea, muscle and joint pain, headaches, weakness, and skin rashes. If you have taken a statin before and experienced any side effects, let your doctor know. Your doctor may be able to change your medicine to 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.

If you have any questions, contact CalOptima’s Health Management department at 1-888-587-8088 (TTY 711). We are here to help you Monday through Friday from 8 a.m. to 5 p.m. We have staff who speak your language. Visit us at www.caloptima.org.