SHOULD I TAKE STATINS?

A decision making tool

Average Risk (<15%)
1 What is my risk of having a heart attack in the next 10 years?

**NO STATIN**

- 90 people **DO NOT** have a heart attack (green)
- 10 people **DO** have a heart attack (red)

**YES STATIN**

- 90 people still **DO NOT** have a heart attack (green)
- 2 people **AVOIED** a heart attack (yellow)
- 8 people still **DO** have a heart attack (red)
- 98 people experienced **NO BENEFIT** from taking statins

2 What are the downsides of taking statins (cholesterol pill)?

- Statins need to be **taken every day** for a long time (maybe forever).
- Statins cost money. (to you or your drug plan)
- **Common side effects**: nausea, diarrhea, constipation (most patients can tolerate)
- **Muscle aching/stiffness**: 5 in 100 patients (some need to stop statins because of this)
- **Liver blood test goes up** (no pain, no permanent liver damage): 2 in 100 patients (some need to stop statins because of this)
- **Muscle and kidney damage**: 1 in 20,000 patients (requires patients to stop statins)

3 What do you want to do now?

- [ ] Take (or continue to take) statins
- [ ] Not take (or stop taking) statins
- [ ] Prefer to decide at some other time

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