SHOULD I TAKE STATINS?

A decision making tool

Elevated Risk (15-30%)
1. **What is my risk of having a heart attack in the next 10 years?**

   **NO STATIN**
   - 80 people DO NOT have a heart attack (green)
   - 20 people DO have a heart attack (red)

   **YES STATIN**
   - 80 people still DO NOT have a heart attack (green)
   - 5 people AVOIDED a heart attack (yellow)
   - 15 people still DO have a heart attack (red)
   - 95 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