SHOULD I TAKE STATINS?

A decision making tool

High Risk (>30%)
1 What is my risk of having a heart attack in the next 10 years?

**NO STATIN**
- 50 people do NOT have a heart attack (green)
- 50 people do have a heart attack (red)

**YES STATIN**
- 50 people still do NOT have a heart attack (green)
- 12 people avoided a heart attack (yellow)
- 38 people still do have a heart attack (red)
- 88 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