

## Mayo Clinic Minute

### Do cholesterol medications work for older people?

Video	Audio
	Should people 65 or older take statins to lower their cholesterol?
<b>Stephen Kopecky, M.D.</b> <b>Cardiovascular Diseases</b> <b>Mayo Clinic</b>	“The ones that get the highest risk for heart attacks and strokes are, guess who: elderly. So we’ve assumed that they would be better off getting a statin.”
	But Dr. Stephen Kopecky says if older people don’t have heart disease, they might not need cholesterol-lowering drugs.
	The American Heart Association guidelines say older people should take statins if they have known cardiovascular disease, LDL cholesterol of 190 or over, or are at high risk.
	When Dr. Kopecky talks to older patients who, according to guidelines, may not need statins, he says ...
<b>Stephen Kopecky, M.D.</b>	“... There’s two things you can do. One, you can change your lifestyle, because you’re smoking, you’re overweight, and you’re not eating fruits and vegetables and you’re not very active physically. Or we can get you on a statin. To me, it’s a no-brainer. If you can change your lifestyle, it’s so much better than just taking a pill. A lot of patients think, ‘Well, if I take the pill, I can still do the lifestyle I want,’ and that’s just not true.”
	Talk to your doctor about whether or not you should be on a statin.  For the Mayo Clinic News Network, I’m Vivien Williams.

