



# Assess all patients with diabetes for statin therapy

**Reduce your patients' risk of heart attack, stroke and heart disease by 22%<sup>1</sup>**

Your patients may have questions when starting any new medication. Here are some important things to share:



## **If they have muscle pain or discomfort**

- Consider dose adjustment or a different statin if there are drug or food interactions.
- Assess for renal or hepatic impairment and adjust dose accordingly.
- Start with a lower-intensity statin for patients with other risk factors for muscle symptoms.
- Set patient expectations that side effects can be managed if they occur.



## **Patients with diabetes**

Diabetes is an independent risk factor for increased likelihood of heart attack or stroke, even if your patients do not currently have high cholesterol. The statin you prescribe can help your patients avoid future adverse cardiovascular effects. The American Diabetes Association recommends that patients with diabetes who are 40–75 years of age should initiate statin therapy in combination with lifestyle therapy.<sup>2</sup>



## **Reducing your patients' cardiovascular risk**

Statin therapy reduces the risk of myocardial infarction, stroke and cardiovascular death by 22% in primary prevention patients and 25%–30% in secondary prevention patients. Statin medications are the pharmacological therapy of choice for primary and secondary prevention.<sup>1,2</sup>

## **More than 200 million people worldwide take statins for their heart health.<sup>3</sup>**

When your patients use statins as directed, they can reduce their risk of heart attack and stroke.



**The benefits are measurable. Prescribe a statin for your patients with diabetes.**

### References

1. Scott M. Grundy et al., “2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines,” *Journal of the American College of Cardiology* (2018): 25709.
2. American Diabetes Association, “Standards of Medical Care in Diabetes—2022 Abridged for Primary Care Providers,” *Clinical Diabetes* 40 (1) (January 2022): 10–38.
3. “How Statin Drugs Protect the Heart,” Johns Hopkins Medicine, last accessed June 21, 2022, <https://www.hopkinsmedicine.org/health/wellness-and-prevention/how-statin-drugs-protect-the-heart>.

The information in this flyer is not meant to preclude clinical judgment. Treatment decisions should always be based on the clinical judgment of the physician or other healthcare provider.

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