



# Here's your statin conversation starter

Taking statins usually depends on your heart health and other risk factors. Bring this checklist with you to your next doctor appointment.



## Do you have any of these risk factors?

- Heart disease** refers to different types of heart conditions. Symptoms of heart disease may include heart attack, stroke, arrhythmia and heart valve problems.<sup>1</sup>
- Diabetes** is a chronic condition that occurs when your blood glucose, also called blood sugar, is too high.<sup>2,3</sup>
- High blood pressure**, also called hypertension, means the force of your blood pushing against the walls of your blood vessels is consistently too high. Over time, this can damage the heart and blood vessels.<sup>1</sup>
- High cholesterol** could lead to atherosclerosis, which is when fatty deposits called plaque build up in your arteries. When plaque builds up, it could cause heart disease.<sup>1,4</sup>
- Smoking** is a major cause of cardiovascular disease. Cigarette smoke can cause blood vessels to become swollen and inflamed.<sup>1</sup>



**Talk to your doctor about whether adding a statin might be right for you.**

### Sources

1. [www.cdc.gov/heartdisease/prevention.htm](http://www.cdc.gov/heartdisease/prevention.htm).
2. [www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes](http://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes).
3. [www.diabetesjournals.org/care/article/44/Supplement\\_1/S125/30445/10-Cardiovascular-Disease-and-Risk-Management](http://www.diabetesjournals.org/care/article/44/Supplement_1/S125/30445/10-Cardiovascular-Disease-and-Risk-Management).
4. [www.heart.org/en/health-topics/cholesterol/prevention-and-treatment-of-high-cholesterol-hyperlipidemia/cholesterol-medications](http://www.heart.org/en/health-topics/cholesterol/prevention-and-treatment-of-high-cholesterol-hyperlipidemia/cholesterol-medications).

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