

Statins

Statins are cholesterol lowering medications. They work by blocking cholesterol production in the liver and cause the liver to remove cholesterol from the blood stream. Reducing cholesterol helps prevent heart attack or stroke.

Common examples include:

- Lipitor (Atorvastatin)
- Crestor (Rosuvastatin)
- Pravachol (Pravastatin)
- Zocor (Simvastatin)

Considerations for reducing or stopping

- Research supports safety of discontinuing statins for patients with life expectancy <1 year
- Research suggests increased quality of life when discontinuing statins for EOL patients
- Goals of care
- Pill burden and dysphagia (difficulty swallowing)
- Weigh risks vs. benefit
- Cost savings

Significant side effects

- Muscle pain and weakness
- Liver damage
- Increased blood sugar for Type 2 diabetics
- Memory loss or confusion

If you need help with your symptoms, call VNA 24hrs a day:

214-689-0000