

# IMPERIAL

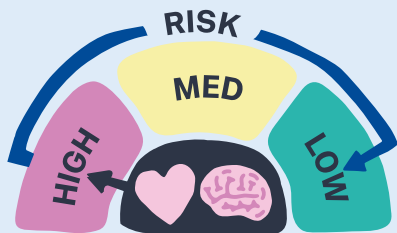


**Millions of people in the UK take statins - a medicine that lowers the risk of heart attacks and strokes**

# 8 common questions about statins

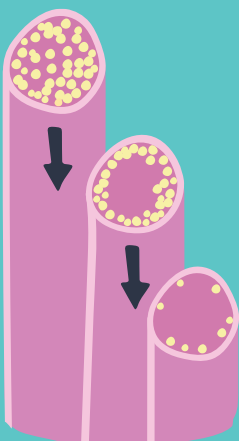
These answers come from a text-message programme made with patients and healthcare professionals to help people take statins.

## 1. Why are statins offered?



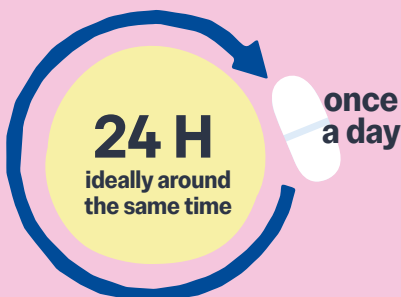
- Statins lower the risk of heart attacks and strokes.
- They are offered if your risk is high, after a heart or blood vessel problem, or if high cholesterol runs in your family.

## 2. What do statins do?



- They help your liver make less cholesterol, a fatty substance in your blood that can build up and block your blood vessels.
- This lowers your risk of heart attacks and strokes, even if your cholesterol levels are normal.

### 3. How do I take my statin?



- Take it once a day, ideally around the same time.
- If you miss a dose, take it later that day, or skip it if it is already the next day.
- Never take two doses in one day.

### 4. How can I remember to take my statin?



- Taking your statin before or after a daily routine, like brushing your teeth, can help you remember.
- A phone reminder can help too, especially if your routine changes.

## 5. Why should I keep taking statins?



- Statins build protection over time.
- If you stop them, the protection wears off.
- Missing doses, even a couple of days a week, can also lower their benefit.

## 6. What about healthy living?



- A healthy lifestyle helps lower your risk of heart attacks and strokes.
- Statins lower your risk even more.
- Together, they offer the greatest protection.

## 7. Are statins safe?



- Decades of studies show statins are safe and work well for women, men and people of all backgrounds.
- They are approved by UK health authorities.
- Serious side effects are very rare.

## 8. What if I need help?

- Your **community pharmacist** can answer most questions about statins, including when to take them and whether they can be taken safely with your other medicines.
- If side effects bother you, or you want to stop taking your statin, do not stop on your own. Speak to your GP first, they can change your dose or try a different type of statin.



## Where to find out more

These websites have clear and accurate information about statins:



**NHS:**

[nhs.uk/medicines/statins](https://nhs.uk/medicines/statins)



**British Heart Foundation:**

[bhf.org.uk/information-support/treatments/statins](https://bhf.org.uk/information-support/treatments/statins)

Anyone can post health information online, and this may not be correct. So it is safer to use trusted sources like the NHS or British Heart Foundation.

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