

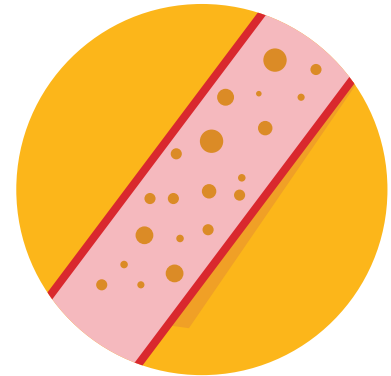
HOW DO STATINS PREVENT HEART ATTACKS AND STROKES?

10 million



Millions of people in the US take statin medication. The main way statins can reduce your risk of a heart attack or stroke is **by lowering your cholesterol levels.**

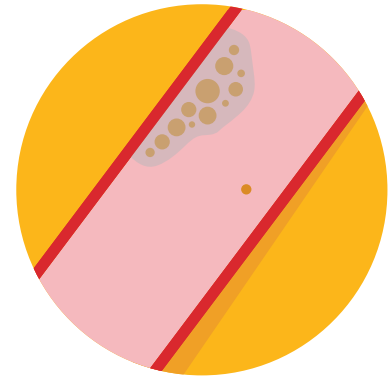
Cholesterol is a fatty substance made by the liver. There are two major types of cholesterol: good, HDL, and bad, LDL. **Bad cholesterol can leave fatty deposits in your arteries that increase your risk for a heart attack or stroke.**



Statins help cut the amount of bad cholesterol your body makes.

If you are already at high risk for a heart attack or stroke, your health care provider may suggest adding a statin in addition to making healthy lifestyle changes.

Statins can reduce the amount of fatty deposits in your arteries and stop any more from building up.



Most people don't have side effects from statins. If you do, speak to your health care team. They can change your statin to a different one that may work better for you.

It's important to **take your statin medication every day.**



Among the:

- ✓ Safest
- ✓ Most studied

Statins save lives and prevent heart attacks and strokes. Research found that people at high-risk for heart attack or stroke who took **statins lowered their risk by 25%** more than those who did not take statins.
