

The truth about statins – facts you can trust

Fact

Statins lower cholesterol

They reduce LDL (or 'bad') cholesterol and help protect your heart and blood vessels.



Fact

Statins only work while you take them

They work best when taken long term.



Fact

Statins do not cause memory loss or dementia

Large studies show no link with memory loss or dementia. Untreated high cholesterol may increase dementia risk.



Fact

Serious muscle problems are rare

Some people can get mild muscle aches and pains, but these are usually temporary. Research shows most muscle pain after starting a statin is rarely caused by the statin itself.



Fact

Statins are safe and effective

They are some of the most commonly prescribed medicines and have been safely used for decades.



Fact

Statins protect your heart and brain

They lower the chance of heart attack and stroke, especially if you're at high risk.



Fact

Statins can help even if your cholesterol is normal

They still protect your heart if you've had a heart attack or stroke, even if your cholesterol levels are normal.



Fact

Liver problems are uncommon

A simple blood test can keep track of your liver health. Most people don't need this test regularly.



Remember:

- ✓ Statins save lives
- ✓ Most people have no side effects
- ✓ Talk to your doctor before stopping or changing the dose

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