

KNOW YOUR



HEART RISK

The **health of your heart** can be estimated by using a cardiovascular (heart) risk calculator. Along with your health care provider, you can see how likely you are to develop **cardiovascular/heart disease (such as a heart attack or stroke) in the next 10 years.**

These are two available tools:

Framingham Risk Score

www.ccs.ca/frs

PEER Cardiovascular Decision Aid

www.decisionaid.ca/cvd/

Date: _____

Based on today's assessment, my risk of having a heart attack or stroke in the next 10 years is:

CHECK

Low risk	less than 10%	Statin likely not needed.
Intermediate risk	between 10% and 20%	Statin use suggested.
High risk <u>OR</u> I have diabetes, heart disease, or chronic kidney disease	20% or higher	Statin use recommended.

PROTECT YOURSELF FROM HEART DISEASE:

Lifestyle changes, such as physical activity, healthy eating, and quitting smoking, improve your heart health at ALL risk levels. Based on your risk level, your provider may talk to you about **taking a statin.** Statins are one of the most prescribed medications.

HOW STATINS CAN HELP:

- Statins save lives:** They are the only cholesterol-lowering medication that is proven to help you live longer.
- Taking a statin lowers your cholesterol and **decreases** your chance of having a **heart attack or stroke by 25%.** The higher your risk, the greater the benefit of a statin.

Here are some examples of how this works:



Chance of having a heart attack or stroke in the next 10 years:	Effect of taking a statin:	New 10 year risk on a statin:
Intermediate risk of 10%	↓ risk of heart disease by 25%	10% ----> 7.5%
High risk of 25%		25% ----> 19%
Your current risk of _____%		New risk on a statin: _____%

STATIN MYTHS



STATIN FACTS

You don't need to eat healthy if taking a statin.



It is still important to make **lifestyle changes** such as eating healthy foods, increasing physical activity, limiting alcohol, quitting smoking and managing stress.

Statins have a lot of side effects.



Most people don't have side effects from statins. If you have problems with one, there are **other statin options** available or different doses to try. All statins are not the same.

Statins cause muscle pain.



Muscle pain is rarely caused by a statin.^{2,3} Rule out other causes such as intense activity or joint problems. Very few people (about 1 in 10,000) have serious muscle damage from statins.²

You can't take a statin again if you had muscle pain in the past.



Most people can tolerate a statin when they try again.⁴⁻⁶

See [RxFiles Statin Intolerance Tool](#).



Statins cause memory loss.



This has been well-studied, showing **no link between statins and memory loss or dementia.**⁷ Some people report having "fuzzy" thinking, but these effects are reversible.

Statins cause type 2 diabetes.



Statins modestly increase the risk of diabetes in 1 out of 150 people who are borderline diabetic.⁸⁻¹⁰

The large heart benefits far outweigh the small risk of diabetes for most people.

Statins damage your liver.



Statins are safe in people with liver disease. In fact, they are often recommended in people with liver disease to improve their heart health. Liver damage with statins is exceptionally rare.¹¹⁻¹⁴

Statins cause cancer.



This claim has been debunked, with studies over many years showing **no link between statins and increased risk of cancer.**^{15,16}

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