INFORMATION ON

Lipid-lowering agents

Cholesterol in Catalonia

1 in 5 people have total cholesterol above 250 mg/ml

3 in 5 people have total cholesterol above 200 mg/ml

Cholesterol is asymptomatic and many people believe they do not have a problem.
"Doing nothing" is not a good option, cholesterol does not cure itself.

The evolution of high cholesterol

Cholesterol is the **greatest cardiovascular risk factor.** Cholesterol can build up in the arteries, clogging them, and complications can occur.

Coronary arteries
Acute myocardial infarction
Angina pectoris

Cerebrovascular arteries
Cerebral infarction
ischaemic stroke

Peripheral arteries
Leg pain that appears when walking and disappears at rest

Complementary measures

to decrease cardiovascular risk

Blood pressure control *

Healthy and balanced diet *

Regular exercise *

Avoid tobacco and alcohol *

Weight control *

Treatment

**1** A healthy lifestyle, a balanced diet and exercise are always necessary.

2 If this is not enough, the treatment will be supplemented with drugs that help lower your cholesterol levels.
Treatment will depend on the stage at which the disease is diagnosed and its evolution
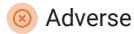
3 If the above steps are not enough to control cholesterol, other lipid-lowering drugs will need to be added.

* Benefits backed by science

Lipid-lowering
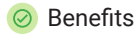
⊘ Benefits ⊗ Adverse effects 🍴 Administration

Statins

→ **Simvastatin / Atorvastatin / Pravastatin**	
⊘ Decreases LDL-cholesterol by 20-40%	
★ ★	Headache
★ ★	Gastrointestinal problems
★ ★	Alteration of liver function
★ ★	Muscle pain
🍴 With or without food, preferably at night	

Fibrates

→ **Gemfibrozil**	
⊘ Decreases Triglycerides by 20-40% ⊘ Increases HDL-cholesterol by 7-15%	
★ ★	Indigestion
🍴 With food	

Ezetimibe - Alone or in combination with statins

⊘ Decreases LDL-cholesterol by 12-14%	
★ ★	Headache
★ ★	Gastrointestinal problems
★ ★	Alteration of liver function *
★ ★	Muscle pain *
🍴 With or without food	

What is the purpose of treatment?

- Reduce **LDL-cholesterol** (bad cholesterol)
- Reduce **triglycerides** (a type of fat)
- Increase **HDL-cholesterol** (good cholesterol)

When is treatment necessary?

PRIMARY PREVENTION

When you have not had any cardiovascular diseases before but your cardiovascular risk is high.

SECONDARY PREVENTION

When you have a cardiovascular disease caused by arteriosclerosis.

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* When associated with statins

★ ★ **Very common.** Can affect more than 1 in 10 people

★ ☆ **Common.** Can affect less than 1 in 10 people

We decide together

Are you considering an option that we have not discussed yet?

Do you agree to take a medicine?

Do you have any questions?

Follow-up

Customised plan

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Next checkup

Want to know more?

Pharmacy

Nurse

Web page

Use the QR Code to access the website

www.iniciadores.es