

Get the **FACTS** about statins

Reduce your risk of a heart attack or stroke

MYTH

Statins frequently cause muscle pain and weakness.

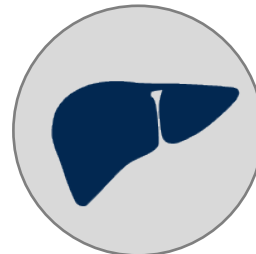


FACT

While 5-10% of statin users reported muscle pain, studies show that less than 0.1% had serious muscle injury.

MYTH

People who have not tolerated a statin in the past should not try them again.



FACT

People who have not tolerated a statin in the past are often successful by changing their dose or medication. Your care team can help.

MYTH

Statins damage your liver.



FACT

Statins rarely cause liver problems; however, people with liver conditions may be at increased risk. Blood tests can determine if a statin is safe for you.

MYTH

Statins cause memory problems and increase the risk of dementia.



FACT

Research shows there is no link between statin use and memory loss, attention problems, dementia, and Alzheimer's disease.

MYTH

Statins commonly cause type 2 diabetes.



FACT

Statins may increase the risk of diabetes in people with prediabetes or other risk factors, but this is outweighed by a reduced risk of heart attack.

