

Lipid-lowering medications for people with cardiovascular disease

A guide for people who have Coronary Heart Disease, Peripheral Arterial Disease or have had a Stroke/Transient Ischaemic Attack

Lipid-lowering medications reduce cholesterol levels and prevent fatty plaques breaking off from the walls of your arteries. This reduces your risk of an artery becoming blocked again. We aim to improve your blood test results to reach specific targets:



Non-HDL cholesterol less than 2.6

LDL cholesterol less than 2

What lipid-lowering medication do we use?

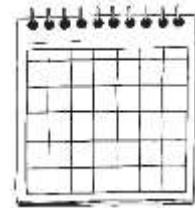
Our national guidelines recommend a **high-intensity statin**. Most people who take a statin have no side-effects, or only minor ones.

When will we check if you have met the targets?

When we start a new lipid-lowering medication, or change the dose, we check your blood lipid levels two to three months later.

What will we do if you have not yet reached the targets?

We can add another medication called ezetimibe to help you reach the targets. There are other medications we can consider too.



What else can you do to help reduce the risk of your cardiovascular disease getting worse?

In addition to taking medication, making changes to your lifestyle will reduce your risk:

Quitting smoking

Working towards a healthy weight

Healthy eating

Increasing physical activity

Visit: <https://horsham.westsussexwellbeing.org.uk/> or speak to a health care professional at the surgery for more advice and support.

What happens if you develop muscle symptoms whilst taking a statin?

If you develop new or worsening muscle symptoms (such as pain, tenderness or weakness), please contact the surgery. We will order blood tests to check for statin-related changes.