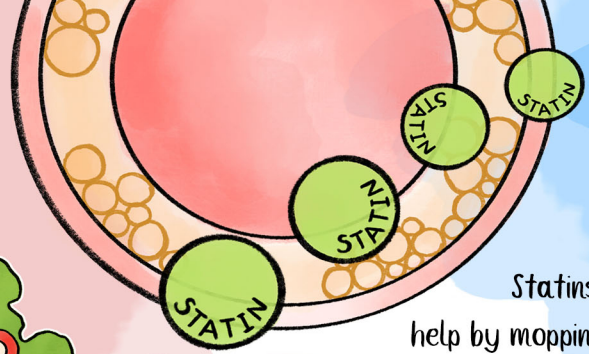




Millions of people in the UK have cholesterol that is out of balance. It can run in families.

Losing weight and being more active can help to lower your levels, some of us also need medicine to help. A statin is usually the first one to try.

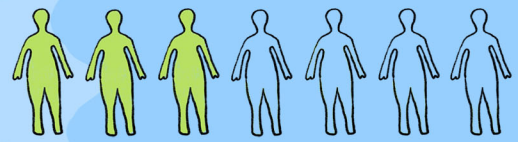
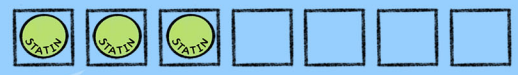


Statin help by mopping up bad cholesterol and making it harder for our body to produce.

Don't get put off by talk about headaches or muscle pains. These are often caused by something other than your medicine.



Give them a chance! They could save your life!



They must be taken regularly, try adding to a routine like teeth brushing.



If you don't get on with a statin, talk to your health professional. There are different statins or other medicines you could try.



NHS

Statins
& You

The **AHSN** Network



To find out more visit
www.heartuk.org.uk

