

# Your well-being is worth a conversation

## Learn about statins and talk to your doctor

At Humana, we believe that good health often starts with a conversation. If you have a history of heart disease, diabetes, high blood sugar or other risk factors, you may benefit from a statin medication. Statins can help lower your cholesterol and triglycerides (blood fats) and raise your good cholesterol (HDL) levels.<sup>1</sup>

### Fast facts about statins



Statins have been linked with lowering the risk of heart attack or stroke.<sup>2</sup>



Statins prevent heart disease, which is the leading cause of death in the United States.<sup>3</sup>

### Learn more about statins

- **Statins lower the risk of heart disease and heart events.** Even if your cholesterol is normal, there may already be plaque in your arteries that increases the risk of heart disease.<sup>4</sup>
- **Taking a statin can help lower cholesterol levels.** Research shows that statins can reduce the risk of narrowed arteries and help them stay healthy.<sup>4</sup>
- **Statins can reduce the risks of heart attack, stroke and heart disease** in some people by about 22 percent.<sup>4</sup>



### Start the conversation

- 1 Create a reminder to ask your doctor about statins at your next visit
- 2 Call the office and ask to add a note about discussing statins with your doctor
- 3 Bring this flyer with you to your next visit



## What to know about taking statins

### ✓ **Take statins exactly as your doctor tells you.**

High cholesterol has no symptoms. That's why some people may not feel they need to take their medication. If you stop taking your statins, your risk for heart attack and stroke may go back up.

### ✓ **Call your doctor if you think you're having a problem with your medication.**

If you have side effects that bother you, talk to your doctor. You may be able to take a different statin.

### ✓ **Check with your doctor or pharmacist before you use any other medications.**

This includes over-the-counter medications. Make sure your doctor knows all of the medications, vitamins, herbal products and supplements you take. Taking some medications together may cause problems.

### ✓ **Talk to your doctor about avoiding grapefruit juice, if you take statins.**

Grapefruit juice can raise the level of this medication in your blood. This could increase side effects.

### ✓ **Talk to your doctor if you have side effects that bother you.**

Some people who take statins report that they have more muscle aches. But it's not clear if these are a side effect of statins. There may be different statins you can try.

**Talk to your doctor to find out if statins are right for you.**

Sources:

1. "Cholesterol medications," American Heart Association, last accessed September 16, 2025, [www.heart.org/en/health-topics/cholesterol/prevention-and-treatment-of-high-cholesterol-hyperlipidemia/cholesterol-medications](http://www.heart.org/en/health-topics/cholesterol/prevention-and-treatment-of-high-cholesterol-hyperlipidemia/cholesterol-medications).
2. "Prevention and Treatment of High Cholesterol," American Heart Association, last accessed September 16, 2025, [www.heart.org/en/health-topics/cholesterol/prevention-and-treatment-of-high-cholesterol-hyperlipidemia](http://www.heart.org/en/health-topics/cholesterol/prevention-and-treatment-of-high-cholesterol-hyperlipidemia).
3. "Heart Disease Facts," CDC, last accessed September 16, 2025, <https://www.cdc.gov/heart-disease/data-research/facts-stats/index.html>.
4. Razavi, et al., "Statin therapy for the primary prevention of cardiovascular disease: Pros," *Atherosclerosis*, 2022, 356, 41-45, doi: 10.1016/j.atherosclerosis.2022.07.004.