**STUDY OBJECTIVE**
To describe and assess patients’ experiences with statin associated side effects and the resulting impacts on daily life.

**TOP REASONS FOR**

**STAYING ON STATIN THERAPY**
1. **Avoiding heart attack or stroke**
2. **Lower cholesterol**
3. **Doctor recommendation**

**STOPPING STATIN THERAPY**
1. **Bothered by side effects**
2. **Cannot tolerate the side effects**
3. **Side effects interfere too much with life**

**OVERARCHING SEVERITY SCORES**
- **Symptom score** (P<0.001)
- **Impact score** (P<0.001)

**GREATER SYMPTOMS FROM THEIR MEDICATION:**
- Differences were statistically significant (p<0.05)

**HIGHER IMPACT ON EVERYDAY LIFE FROM THEIR MEDICATION:**
- Differences were statistically significant (p<0.05)

**PATIENTS WHO HAD RECENTLY STOPPED STATIN THERAPY REPORTED...**

**STUDY OBJECTIVE**
To describe and assess patients’ experiences with statin associated side effects and the resulting impacts on daily life.
**On-line survey among 1,500 patients with self-reported high cholesterol who had taken a statin in the past 2 years and experienced ≥1 statin-associated symptom in the past 6 months.**

### References


### PATIENTS WHO STAYED ON STATIN THERAPY HAD MORE STATIN MANAGEMENT THAN THOSE WHO STOPPED

<table>
<thead>
<tr>
<th></th>
<th>On Statin</th>
<th>Stopped Statin</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Any Statin Regimen Adjustment</strong></td>
<td>40.2%</td>
<td>23.7%</td>
</tr>
<tr>
<td><strong>Switched Statins</strong></td>
<td>24.2%</td>
<td>16.0%</td>
</tr>
<tr>
<td><strong>Reduced Statin Dose</strong></td>
<td>22.6%</td>
<td>14.8%</td>
</tr>
</tbody>
</table>

### MOST PATIENTS WHO ARE NOT AT TREATMENT GOAL ARE WILLING TO TRY OTHER OPTIONS

- **50%** who had stopped a statin were willing to try a different one
- **65%** on a statin were willing to try a different one
- **67%** on a statin were willing to switch to a non-statin prescription to help control cholesterol

### SEVERE SYMPTOMS CAN LEAD TO PATIENTS STOPPING STATIN TREATMENT ALTOGETHER

**Nearly 1 in 2 patients who stopped statin therapy were not taking anything to manage their cholesterol**

**About 1 in 5 patients who stopped therapy did so without informing their providers**

### TALK TO YOUR PATIENTS

- About the benefits and risks of cholesterol management
- As well as intensive lifestyle therapy, adjusting their statin regimen, or considering a non-statin prescription to control their cholesterol
- Patients are more likely to be successful with greater provider engagement and shared decision making

*On-line survey among 1,500 patients with self-reported high cholesterol who had taken a statin in the past 2 years and experienced ≥1 statin-associated symptom in the past 6 months.*

References