



What Should I Know About Statins (stat-TIN)?

Why should I take a statin (stat-TIN)?

Great question! Cholesterol is a type of fat normally found in your blood. It helps to keep you healthy and your body functioning normally. Almost all children with high levels of cholesterol are healthy. However, if your cholesterol level is too high and remains that way for many years, it can cause health problems when you become an adult. By lowering the blood cholesterol, you can avoid problems in the future.

How do I know if I need a statin?

Your Healthcare Team will help you decide if taking a statin is the right choice for you. First they will make sure that you don't have other health problems that cause high cholesterol. Then, they will teach you how to choose healthy foods and snacks, especially those with less saturated fat. They will coach you on how to stay active. After 3-6 months, another blood test will be done to see if your cholesterol has improved enough. If not, they may suggest you start taking a statin to lower cholesterol.

Are statins safe?

Yes. Statins are safe and well tolerated by children. Children usually do not get the muscle aches and pains that some adults do. People who can become pregnant should talk to their Healthcare Team about how to prevent becoming pregnant while taking a statin.

How should I take my statin?



Statins are a small pill you swallow, with or without food, once a day. You can take your statin with most other medications.

However, you should always check with your Healthcare Team before taking any new medication or supplement.

How long will I take a statin?

If your high cholesterol comes from your parents, it will always be high unless you take medicine to lower it. Eating healthy foods, being active, and having a healthy weight are important, but may not be enough to lower cholesterol to normal levels. Taking a statin will lower your cholesterol and help you avoid heart disease as you grow older.

Will I be able to play games and participate in sports while I am taking a statin?

Absolutely! You can do everything that you usually do, including playing sports and games. Exercise helps the statin to work better. If you are concerned, talk to your Healthcare Team about the type of activity that is best for you.