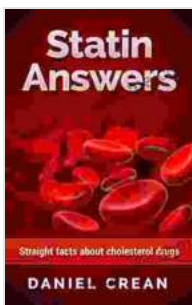


# Get the Truth About Cholesterol Drugs: Read "Statin Answers: Straight Facts About Cholesterol Drugs"

Are you one of the millions of Americans taking statin medications to lower your cholesterol? If so, you're not alone. Statins are the most commonly prescribed drugs in the world, with over 200 million people taking them. But what do you really know about these drugs? How do they work? What are their side effects? And are they even necessary?

In his new book, "Statin Answers: Straight Facts About Cholesterol Drugs," cardiologist Dr. Stephen Sinatra separates the truth from the hype about statins. He explains the science behind these drugs, discusses their risks and benefits, and offers practical advice on how to make the best decision for your health.



## Statin Answers: Straight facts about cholesterol drugs

by Barbara Shoff

★★★★☆ 4.8 out of 5

Language : English  
File size : 1599 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Print length : 143 pages  
Lending : Enabled



## What Are Statins?

Statins are a class of drugs that work by blocking the production of cholesterol in the liver. They are used to lower LDL cholesterol, which is the "bad" cholesterol that can clog arteries and lead to heart disease. Statins are typically prescribed for people who have high cholesterol and are at risk for developing heart disease.

There are many different types of statins, including atorvastatin (Lipitor), simvastatin (Zocor), and rosuvastatin (Crestor). These drugs are all equally effective at lowering cholesterol, but they have different side effects. Some statins are more likely to cause side effects than others.

### **How Do Statins Work?**

Statins work by blocking the action of an enzyme called HMG-CoA reductase. This enzyme is responsible for the production of cholesterol in the liver. By blocking the action of this enzyme, statins reduce the amount of cholesterol that is produced in the body.

Statins are effective at lowering LDL cholesterol. They can also increase HDL cholesterol, which is the "good" cholesterol that helps to protect against heart disease.

### **What Are the Benefits of Taking Statins?**

Statins have been shown to reduce the risk of heart disease. In people who have already had a heart attack or stroke, statins can reduce the risk of having another one. Statins can also slow the progression of atherosclerosis, which is the narrowing of the arteries.

In addition to reducing the risk of heart disease, statins may also have other benefits, such as reducing the risk of dementia and cancer.

## **What Are the Side Effects of Taking Statins?**

Statins are generally well-tolerated, but they can cause side effects in some people. The most common side effects include:

- Muscle aches
- Nausea
- Vomiting
- Diarrhea
- Constipation
- Headache
- Dizziness
- Fatigue

In rare cases, statins can cause more serious side effects, such as liver damage and kidney failure. If you experience any side effects from taking statins, talk to your doctor.

## **Are Statins Right for Me?**

If you have high cholesterol, your doctor may recommend taking a statin medication. The decision of whether or not to take statins is a personal one. You should discuss the risks and benefits of statins with your doctor before making a decision.

There are some people who should not take statins. These include people who are allergic to statins, people who have liver disease, and people who are taking certain other medications.

## Natural Alternatives to Statins

If you are looking for a natural way to lower your cholesterol, there are a number of things you can do. These include:

- Eating a healthy diet
- Exercising regularly
- Losing weight
- Quitting smoking
- Taking supplements, such as fish oil and plant sterols

These lifestyle changes can all help to lower your cholesterol levels and reduce your risk of heart disease.

If you are considering taking statin medications, it is important to talk to your doctor about the risks and benefits. Statins can be effective at lowering cholesterol and reducing the risk of heart disease, but they can also cause side effects. The decision of whether or not to take statins is a personal one that should be made in consultation with your doctor.

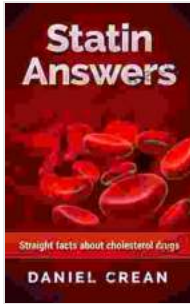
## Free Download Your Copy of "Statin Answers" Today!

To learn more about statin medications, Free Download your copy of "Statin Answers: Straight Facts About Cholesterol Drugs" today. This book is a valuable resource for anyone who is considering taking or is currently taking statin medications.

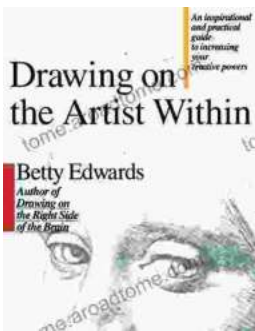
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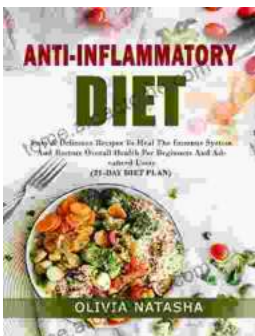


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