

Reduce Your Risk of a Heart Attack or Stroke



Most heart attacks and many strokes are caused by a buildup of fat, cholesterol and other substances called plaque in the inner walls of your arteries. The arteries become clogged and narrowed, and blood flow is reduced. If a blood clot forms and blocks blood flow to your heart, it causes a heart attack. If a blood clot blocks an artery leading to or in the brain, a stroke results.¹

As you age, it is important to speak with your healthcare provider about your risk of a heart attack or stroke. Your provider can take necessary action to reduce your risk by prescribing medicines and/or recommending diet and exercise programs. Various medicines are used to lower blood cholesterol levels. Statins (HMG-CoA reductase inhibitors) prevent the production of cholesterol in the liver. Their major effect is to lower LDL (bad) cholesterol. Some common names are lovastatin, pravastatin, simvastatin,

fluvastatin and atorvastatin. Statins have been directly associated with reducing risk for heart attack and stroke.¹ Your healthcare provider can determine if a statin is right for you.

How Do I Know if My Medicine is Working?

Your provider will test your blood cholesterol as needed to monitor your levels. If you have side effects, you should let them know. Never stop taking a medicine on your own! It is important to take all medicines as prescribed to get the full benefit.

1. American Heart Association. (10/2020). What Are Cholesterol-Lowering Medicines? Retrieved May 4, 2023 from <https://www.heart.org/-/media/Files/Health-Topics/Answers-by-Heart/Cholesterol-Lowering-Meds.pdf>

Tips on Remembering to Take Your Medicine

<p>Create A Routine</p> <p>Take medicine with an activity you do at the same time every day.</p> <ul style="list-style-type: none"> • Brushing Teeth • Bedtime or Waking Up 	<p>Set An Alarm</p> <p>An Alarm on your cellphone or watch can be helpful, especially if you're busier at certain times of the day or the timing is important.</p>
<p>Keep It Visible</p> <p>To avoid "out of sight, out of mind," leave medicine in a safe place that is easy to see.</p> <ul style="list-style-type: none"> • Kitchen/Bathroom Counter • Bedside Table 	<p>Post A Note</p> <p>Put a reminder note somewhere it will be seen every day.</p> <ul style="list-style-type: none"> • Refrigerator • Bathroom Mirror
<p>Use a Pillbox</p> <p>A weekly pillbox with compartments for each day and dosing time can be a visual reminder to take medicine and help prevent double doses.</p>	<p>Record Each Dose</p> <p>Use a calendar or medicine journal and check off when you take each dose. This can help you avoid missing doses or taking too many.</p>
<p>Carry Extra Doses</p> <p>Leave some extra medicine in a bag or purse you often use so you can take your medicine when you're away from home if you forget to pack it.</p>	<p>Use an App Tracker</p> <p>Smart Device apps such as MyTherapy: Medication Reminder and Medisafe Medication Management are excellent tools to keep you on track and never miss a dose.</p>

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