

PATIENT EDUCATION

Statin Choice for Patients with Diabetes
Elevated (15-30%)

LEARNING EDUCATION

HEALTHY LIVING

INTERACTION

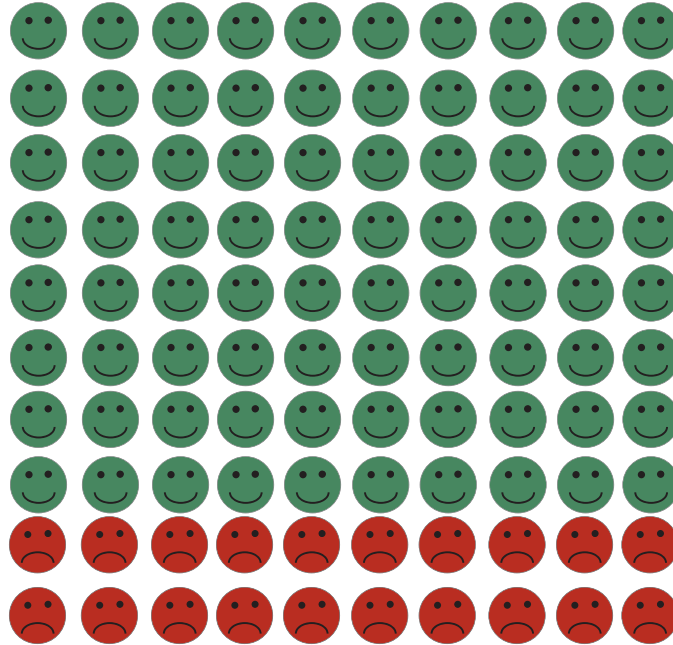
What is my risk of having a heart attack in the next 10 years?

The risk for 100 people like you who **DO NOT** take statins.

NO STATIN

80 people **DO NOT** have a heart attack (green)

20 people **DO** have a heart attack (red)



The risk for 100 people like you who **DO** take statins.

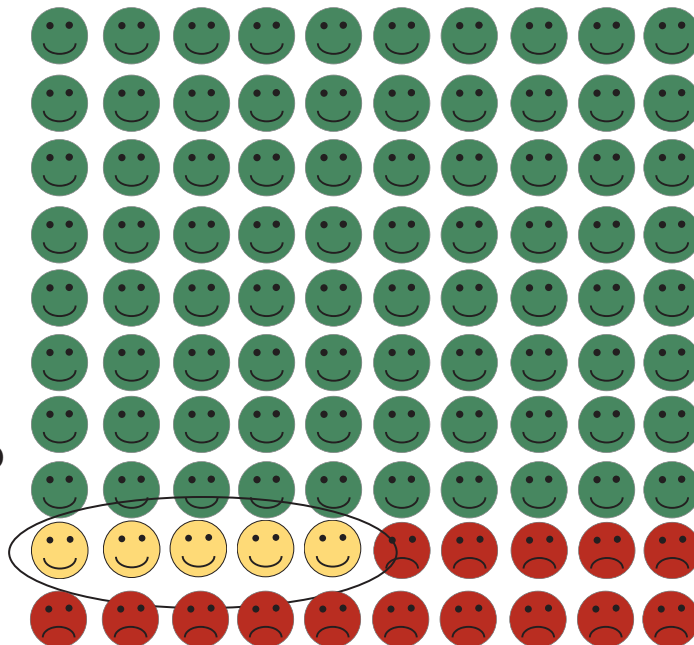
YES STATIN


80 people still **DO NOT** have a heart attack (green)


5 people **AVOIDED** a heart attack (yellow)


15 people still **DO** have a heart attack (red)

95 people experienced **NO BENEFIT** from taking statins



 had a heart attack

 avoided a heart attack

 didn't have a heart attack

Prepared Exclusively for _____

What are the downsides of taking statins (cholesterol pill)?

- Statins need to be taken every day for a long time (maybe forever).
- Statins cost money (to you or your drug plan).
- **Common side effects:** nausea, diarrhea, constipation (most people can tolerate).
- **Muscle aching/stiffness:** about 5 in 100 people (some need to stop statins because of this).
- **Liver blood test goes up** (no pain, no permanent liver damage): about 2 in 100 people (some need to stop statins because of this).
- **Muscle and kidney damage:** about 1 in 20,000 people (requires people to stop statins).

What do you want to do now?

- Take (or continue to take) statins
- Not take (or stop taking) statins
- Prefer to decide at some other time

If you have questions about this information or your health talk to your Health Care Provider.

Notes

BARBARA WOODWARD LIPS PATIENT EDUCATION CENTER

Mrs. Lips, a resident of San Antonio, Texas, was a loyal patient of Mayo Clinic for more than 40 years. She was a self-made business leader who significantly expanded her family's activities in oil, gas and ranching, even as she assembled a museum-quality collection of antiques and fine art. She was best known by Mayo staff for her patient advocacy and support.

Upon her death in 1995, Mrs. Lips paid the ultimate compliment by leaving her entire estate to Mayo Clinic. Mrs. Lips had a profound appreciation for the care she received at Mayo Clinic. By naming the Barbara Woodward Lips Patient Education Center, Mayo honors her generosity, her love of learning, her belief in patient empowerment and her dedication to high-quality care.



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