

Questions to ask my doctor about statin medications

Please print this page and discuss the following with your doctor at your next appointment.

Questions	Doctor response
How does a statin work?	
Should I take a statin to lower my cholesterol and/or for the other benefits it may have against heart disease? If not, why?	
What are the risks and benefits of statin medications? Are there any side effects that I should know?	
What are the goals for my cholesterol levels, and how often should I have those levels tested?	

Optum provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional.