

1 What goes into figuring out my risk of having a heart attack in the next 10 years?

- Age
- Sex
- Years of diabetes
- Smoking
- Hemoglobin A1C
- Blood pressure
- Cholesterol
- Protein in your urine

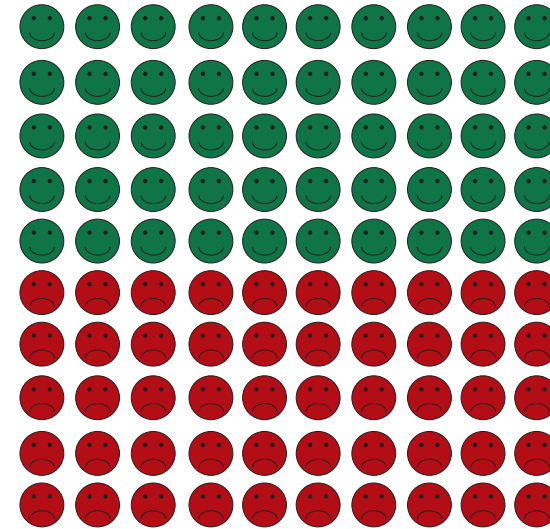
2 What is my risk of having a heart attack in the next 10 years?

NO STATIN

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

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

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



YES STATIN

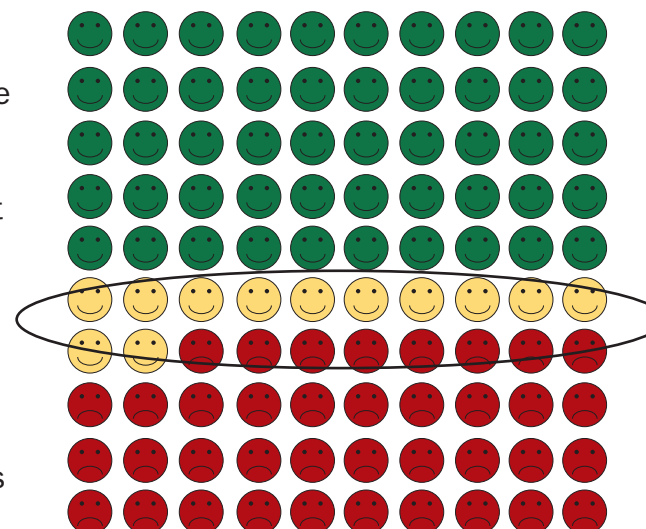
50 people still **DO NOT** have a heart attack (green)

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

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

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

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



- had a heart attack
- avoided a heart attack
- didn't have a heart attack

3 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 patients can tolerate)
- **Muscle aching/stiffness:** 5 in 100 patients (some need to stop statins because of this)
- **Liver blood test goes up** (no pain, no permanent liver damage): 2 in 100 patients (some need to stop statins because of this)
- **Muscle and kidney damage:** 1 in 20,000 patients (requires patients to stop statins)

4 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