



Hyperlipidemia: Statins – What To Know

Statins are highly effective medications for lowering LDL cholesterol and reducing cardiovascular risk. For many individuals, they significantly decrease the likelihood of heart attack and stroke and are an important part of evidence-based prevention. However, statins address cholesterol production — not the full spectrum of metabolic dysfunction that contributes to cardiovascular disease.

While these medications reduce risk, they do not correct insulin resistance, chronic inflammation, excess visceral fat, or poor lifestyle patterns. Understanding both the benefits and limitations of statins prevents false reassurance and encourages a more comprehensive prevention strategy. Informed patients who combine appropriate medication with targeted lifestyle changes consistently achieve better long-term outcomes.

01 Is This Your Story?

A patient starts a statin and LDL quickly improves. Feeling “fixed,” they make no lifestyle changes. Over time, triglycerides rise and blood pressure worsens. When nutrition and exercise are addressed alongside statin therapy, lipid balance improves fully and cardiovascular risk declines significantly.

02 Try This Today

Measure: Review LDL, triglycerides, and HDL together, not just LDL.

Do: Pair medication with at least one lipid supportive lifestyle habit.

Reflect: Ask whether your treatment plan targets root causes or numbers alone.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

