

Mayo Clinic Minute

Myths about statins

Video	Audio
	As many as half of all American adults could benefit from taking statins to help lower their cholesterol, but far fewer than that actually do take statins.
	Mayo Clinic cardiologist Dr. Stephen Kopecky says he thinks many people avoid the cholesterol-lowering drugs because they misunderstand some of the side effects.
00:02:17 DR. STEPHEN KOPECKY 01:	“Yeah, statins can raise blood sugar. In fact, there is risk for becoming a diabetic if you’re on a statin.”
	But Dr. Kopecky says that isn’t the whole story.
00:02:23 STEPHEN KOPECKY, M.D. CARDIOVASCULAR DISEASE Mayo Clinic	“The people that become diabetics were almost always going to become a diabetic anyway. They would have been, like, three or four months later if they weren’t on a statin. The other thing is that for every one patient that does become a diabetic, there are usually about five heart attacks that are prevented.”
	Dr. Kopecky says many people avoid taking statins because they think that it will cause dementia or Alzheimer’s disease, but ...
0:05:35 DR. STEPHEN KOPECKY 01:	“...there is no evidence of that.”
	Dr. Kopecky says statins are generally very safe and could improve the health of a lot of people.
	He says the best thing you can do for your heart health is eat healthier foods and be more active.
	For the Mayo Clinic News Network, I’m Ian Roth.