

Mayo Clinic Minute

Should older people take statins?

Video	Audio
Reporter	Should older people take statins to lower cholesterol?
Francisco Lopez-Jimenez, M.D. Cardiovascular Disease Mayo Clinic	"For years, there was this controversy whether or not older people will benefit from statins, but the controversy was mostly based on the fact that clinical trials did not include many older people."
Reporter	Mayo Clinic cardiologist Dr. Francisco Lopez-Jimenez says there's a growing body of research that shows statins do benefit this age group. And he says older people at risk of heart attack who take the medication should consider staying on it.
Francisco Lopez-Jimenez, M.D.	"Getting off the statins essentially puts people at risk for heart attacks because they lose the protection of what lowering the cholesterol gives or provides and that age."
Reporter	Some people are leery of taking statins because of potential side effects, but Dr. Lopez-Jimenez notes that life-threatening side effects from statins are extremely rare.
Reporter	He recommends older people talk to their health care providers about the risks and benefits of statins.
	For the Mayo Clinic News Network, I'm Vivien Williams.