
June 15, 2020 at 3:00 PM EST

**Presenter:** Mary Katherine Cheeley, PharmD, BCPS, CLS, FNLA
Clinical Pharmacist Specialist: Primary Care
Grady Health System
Atlanta, Georgia

**Patient Speaker:** Al Voss, Statin Patient

**Moderator:** Andrea Baer, MS, BCPA
Mended Hearts’ mission is “to inspire hope and improve the quality of life of heart patients and their families through ongoing peer-to-peer support, education and advocacy.”

The National Lipid Association’s (NLA) mission is “to enhance the practice of lipid management in clinical medicine.”

The Foundation of the NLA’s mission is “to improve the welfare of patients and families affected by cholesterol and triglyceride problems.”
Mary Katherine Cheeley, PharmD, BCPS, CLS, FNLA
Clinical Pharmacist Specialist:
Primary Care
Grady Health System
Atlanta, Georgia

Al Voss
Statin Patient
Treasurer and Corporate Secretary
Mended Hearts

Andrea Baer, MS, BCPA
Executive Director
Mended Hearts

Lessons Learned from Each Other

Mary Katherine Cheeley, PharmD, BCPS, CLS, FNLA
Clinical Pharmacist Specialist: Primary Care
Grady Health System
Atlanta, Georgia
Topics to discuss:

• Who (should take a statin)
  • Who (to believe)
• What (is a statin)
  • What (does a statin do)
• Where (I hurt)
• When (I have a problem)
• Why (take statins)
Who (should take a statin)
Who (should take a statin)

Previous ASCVD:
Heart Attack, Stroke, Peripheral Artery Disease

Familial Hypercholesterolemia

High risk, no previous ASCVD:
With Diabetes

High risk, no previous ASCVD:
10-year risk ≥7.5%

ASCVD: Atherosclerotic Cardiovascular Disease
PAD: Peripheral Artery Disease
What (is a statin)?

Medication that lowers your ‘bad’ cholesterol (LDL-C)

- Rosuvastatin (Crestor®)
- Atorvastatin (Lipitor®)
- Pitavastatin (Livalo®, Zypitamag®)
- Simvastatin (Zocor®)

- Pravastatin (Pravachol®)
- Lovastatin (Mevacor®)
- Fluvastatin (Lescol®)
What (does a statin do)?

- Slows down your body from making extra cholesterol
- ↑ the amount of cholesterol your liver takes out of the blood
  - ↓ the size of plaque in the arteries
- Stabilizes any plaque that you already have in your arteries
- Anti-inflammatory
The Dream Team

Webinar on healthy diet: July 16th
Why (take a statin)

• Lower the risk of heart disease
• Lower the risk of a second event
• Very safe
• Very well tolerated

• Because my provider told me to!
Cholesterol Treatment Trialists

Absolute effects on major vascular events of lowering LDL cholesterol with statin therapy

Combined evidence: ~1/3 risk reduction for 1.5 mmol/L LDL-C reduction

Statins sound great but I’ve heard about bad stuff too...
Who to believe

- Medical Provider (Doctor, Nurse, PharmD)
- Family
- Friends
- Internet
- News
- Social Media
Which of the following sources do you use regularly for medical information and advice?

- Family Members: 30.10%
- Friends: 18.50%
- Internet Medical References Sites: 45.80%
- Social Media: 7.70%
- Medical Doctor or Nurse Pharmacist: 61.00%

Not taking statin
Currently taking statin

Jacobson, TA; Cheeley, MK; Jones, P; La Forge, R; Maki, K; Lopez, A; Xiang, P; Bushnell, D; Martin, M; Cohen, J. The Statin Adverse Treatment Experience Survey: Experience of patients reporting side effects of statin therapy. J Clin Lipidology. 2019; 13(3):415-424.
When (I have a problem)

- Not when, but IF
- Adverse effects from statins are very rare
- Talk to your provider
  - Referral to lipidologist
Where (do I hurt)

- Large muscle groups
- Both sides
- Onset: <1 month
- Stops when the drug is stopped

https://sites.google.com/a/lovejoyisd.net/lovejoy-anatomy-and-physiology/home/the-human-body-an-orientation/the-language-of-anatomy
Coenzyme Q-10 and statins

• What we know:
  • Lower circulating Co-Q 10 vs patients not on statin

• What we don’t know:
  • Does taking CoQ-10 supplements increase CoQ-10 levels inside the cell?

• Likely safe
  • Drug interaction with warfarin

• 200 mg at bedtime
STatin Adverse Treatment Experience (STATE) Survey

Jacobson, TA; Cheeley, MK; Jones, P; La Forge, R; Maki, K; Lopez, A; Xiang, P; Bushnell, D; Martin, M; Cohen, J. The Statin Adverse Treatment Experience Survey; Experience of patients reporting side effects of statin therapy. J Clin Lipidology. 2019; 13(3):415-424.
20% of patients who had taken a statin in the last 2 years experienced a statin-related symptom.

Conditions include fibromyalgia, multiple sclerosis, muscular dystrophy, untreated thyroid disease, liver disease, kidney disease requiring dialysis, any condition requiring treatment with corticosteroids or cyclosporine. 110,785 (25.1%) were never prescribed a statin drug, 577 (1.3%) were prescribed a statin, but did not take the medication, and 1,606 (3.7%) took a statin previously but not in the past 2 years. 6 months was selected to minimize recall bias given that these are patient self-reported experiences.
Symptoms by Current Statin Use

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Stopped Statin</th>
<th>Currently Taking Statin</th>
</tr>
</thead>
<tbody>
<tr>
<td>MUSCLE ACHES</td>
<td>15.8%</td>
<td>26.5%</td>
</tr>
<tr>
<td>MUSCLE CRAMPS</td>
<td>19.3%</td>
<td>26.5%</td>
</tr>
<tr>
<td>MUSCLE PAIN</td>
<td>15.8%</td>
<td>26.5%</td>
</tr>
<tr>
<td>MUSCLE STIFFNESS</td>
<td>11.1%</td>
<td>18.1%</td>
</tr>
<tr>
<td>MUSCLE WEAKNESS</td>
<td>11.7%</td>
<td>18.4%</td>
</tr>
<tr>
<td>JOINT OR BONE PAIN</td>
<td>12.1%</td>
<td>17.5%</td>
</tr>
</tbody>
</table>

Differences for the symptoms were statistically significant (p<0.05).

Jacobson, TA; Cheeley, MK; Jones, P; La Forge, R; Maki, K; Lopez, A; Xiang, P; Bushnell, D; Martin, M; Cohen, J. The Statin Adverse Treatment Experience Survey: Experience of patients reporting side effects of statin therapy. J Clin Lipidology. 2019; 13(3):415-424.
But... all is not lost if you have a symptom
Changes to Statin Therapy Due to Side-Effects or Laboratory Results

Jacobson, TA; Cheeley, MK; Jones, P; La Forge, R; Maki, K; Lopez, A; Xiang, P; Bushnell, D; Martin, M; Cohen, J. The Statin Adverse Treatment Experience Survey; Experience of patients reporting side effects of statin therapy. *J Clin Lipidology*. 2019; 13(3):415-424.
Willingness to Try Other Options

<table>
<thead>
<tr>
<th>Option</th>
<th>Stopped Statin (N=332)</th>
<th>Currently Taking Statin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Willing to try another statin</td>
<td>50.0</td>
<td>65.4</td>
</tr>
<tr>
<td>Willing to try a different statin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Willing to switch to a non-statin prescription</td>
<td></td>
<td>67.3</td>
</tr>
</tbody>
</table>

n = 192, n = 263
Add-on therapies

• Ezetimibe (Zetia®)
• Icosapent Ethyl (Vascepa®)
• PCSK-9 inhibitors
  • Alirocumab (Praluent®)
  • Evolocumab (Repatha®)
• Bempedoic Acid (NEXLETOL™)
What I’ve learned from my patients

• They want to reduce their risk

• They don’t want annoying or hurtful side effects

• We can find something that works

• Honesty is the best policy!
MY JOURNEY WITH STATINS

- Who I am
- What led me to statin therapy
- When I started statins: The experience
- Where I get my information
- Why I am on a statin
SELF ADVOCATING

- Questions I asked my doctor
- Sharing with my doctor and discussing options
- Open and honest conversation
- Shared decision making
For additional questions, please email: Andrea.baer@mendedhearts.org

Join us for the next session of the series: Managing Hyperlipidemia with a Sense of Urgency
June 18, 2020 at 2:00 PM EST

Presenter: Nihar Desai, MD
Moderator: Andrea Baer, MS, BCPA