

# health hints

## Stopping Statins Could Put You At Heart Attack Risk

(NAPSA)—Here's news nearly 100 million Americans can take to heart. That's how many people are thought to have an elevated cholesterol level—a leading risk factor for heart disease.

Recently, German researchers found that patients who are taking statins—another term for cholesterol-lowering medication—and are hospitalized for acute chest pains, rapidly lose the protective benefits they get from taking statins if the medication is stopped.

The research indicates the benefits may start to diminish within as little as 24 hours after patients stop taking their medication.

This same group of research subjects was found to be at three times the risk of heart attack or death after stopping their cholesterol-lowering medication. In addition to reducing cholesterol, statins are thought to promote a number of factors that help to reduce the risk of heart attack.

Dr. Sid Smith, chief science officer for the American Heart Association, noted that while the research did not look at otherwise healthy people, in general, patients should not change their dose of cholesterol-lowering medication or stop taking the medication without talking to their physicians first.

Experts at the National Cholesterol Education Program claim that adhering to cholesterol-lowering medication as prescribed is critical to its success.

A growing number of patients are finding it easier to stick to their doctors' orders and their medication program by using a home monitoring device.



**Patients taking cholesterol-lowering medication should not stop taking it without telling their doctors.**

According to Dr. Christopher Cannon, a cardiologist, “Getting positive feedback from a simple test that one could do at home will be a real help to patients. It shows the effort they’re going through turns into real results.”

Christopher Maus, president & CEO of Lifestream Technologies, agrees. Said Maus, “The same principle applies to all patients taking statin drugs: the drugs only work as long as you are taking them. It is imperative for each patient on a statin drug regimen to find means that help them stick to the treatment plan. At-home monitoring has proven very effective in achieving this goal.”

The Lifestream Cholesterol Monitor is the most widely available cholesterol monitor for at-home consumer use on the market. Smart-card technology allows the storage of up to 200 tests.

For more information, call toll free 1-888-954-LIFE, or visit the Web site at [www.knowitforlife.com](http://www.knowitforlife.com).