

What are statins and how do they help lower high cholesterol?

Statins are a class of medications used to treat high cholesterol levels in the blood. Cholesterol comes from two sources: it is created by the liver and can also come from foods that are eaten. Your body uses cholesterol to make hormones, vitamin D, and to help digest foods. High blood cholesterol is a condition in which attack or stroke.

What is important to know about statins and muscular dystrophy?

The most common side effects from statins are muscle pain or muscle cramps. These side effects have been reported by as many as 25% of patients on statins. Monitoring these potential effects is important in myotonic dystrophy (DM) and FSHD because both can cause muscle pain, weakness, and cramps. It may be difficult to distinguish if muscle pain or cramps are caused by statin side effects or muscular dystrophy. Many physicians use blood tests of creatine kinase (an enzyme from muscle) to identify early potential effects of statins on muscle.

To help us learn more about statins, Registry members completed a survey developed by pharmacy students and faculty at the Wegmans School of Pharmacy (WSOP) at St. John Fisher College, Rochester, NY. The pharmacy team also analyzed data from the National Registry. In the National Registry, high cholesterol was reported by 29% of members (276 out of 952 patients) and 24% of FSHD members (138 out of 576), both higher compared to 17% of the general US population. Over 300 members of the Registry completed the pharmacy survey. Results showed that 23

Aside from statins, there are other