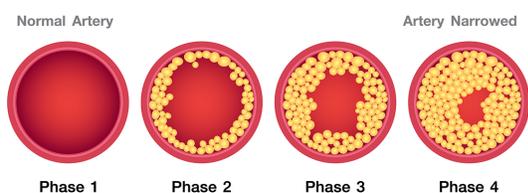


# <sup>1</sup>Cholesterol Medications

## What Is “Bad” Cholesterol?

Cholesterol is needed by the human body in order to create cells and hormones. It can become problematic though, when it collects and clogs inside blood vessels, putting you at risk for health problems such as heart attacks and strokes. A specific form of cholesterol called LDL causes these problems if too much of it is accumulated. Fortunately, there are many methods of prevention for high cholesterol.

## Cholesterol



## Dietary Prevention

One of the simplest ways to prevent high cholesterol comes through modifications in your diet. Saturated fats are a large component of LDL cholesterol, so cutting these fats out of your diet

is a positive step. Foods such as fried foods and processed meat should be avoided.



Another natural way to lower LDL cholesterol is through plant sterols. Plant sterols exist naturally in plants and are composed very similarly to cholesterol. They fight for absorption with LDL cholesterol, meaning they can block it from entering the bloodstream. Eating a more plant-based diet will increase your plant sterol intake and lower LDL cholesterol. Plant sterols can also be consumed from supplements which can be found at your local drug store.

<sup>1</sup> Prepared SDS August 2021

## STATINS and Ezetimibe



Statins are the most common type of cholesterol-lowering drugs. They prevent the activation of enzymes that are needed in the process of producing cholesterol in the body. They are biologically known as HMG-CoA reductase (enzyme) inhibitors. Statins are very well tolerated and commonly used in North America.

When Statins are unable to lower the LDL-C into the normal range, a medication that blocks cholesterol absorption from your bowels called Ezetimibe may be added. It is very well tolerated.



**PCSK-9 Inhibitors:** These injectable drugs inhibit a protein called PCSK-9 which frees up more LDL-cholesterol receptors to bind LDL cholesterol, thereby lowering LDL cholesterol. These drugs are very effective and can be used on top of statins. The barrier to

use of this class of medications is often cost which is \$6000/year.

