

Medicine To Treat: \_\_\_\_\_

**C**ardiac Diseases

*Lipid-Lowering Medicines*

- Statins*
- Fibrates*
- Fat Binding Agents*
- Nicotinic Acid Group*



## ABOUT YOUR MEDICINE

Your doctor has just prescribed for you:

Medicine Group	Examples of Medicine in the Group
Statins	<ul style="list-style-type: none"><li>• Lovastatin</li><li>• Pravastatin (Pravachol®)</li><li>• Simvastatin (Zocor®)</li><li>• Atorvastatin (Lipitor®)</li><li>• Fluvastatin (Lescol®)</li></ul>
Fibrate	<ul style="list-style-type: none"><li>• Gemfibrozil (Lopid®)</li><li>• Bezafibrate (Bezalip®, Bezalip Retard®)</li><li>• Ciprofibrate (Modalim®)</li><li>• Clofibrate (Atromid-S®)</li><li>• Fenofibrate (Lipanthyl®, Lipanthyl Micro®)</li></ul>
Fat-Binding Agents	<ul style="list-style-type: none"><li>• Cholestyramine (Questran Light®)</li></ul>
Nicotinic Acid Group	<ul style="list-style-type: none"><li>• Nicotinic Acid</li><li>• Acipimox (Olbetam®)</li></ul>

## WHAT ARE LIPID-LOWERING MEDICINES USED FOR?

This group of medicine helps to improve the blood lipid profile and may reduce your risk for heart attack and stroke as well as the need for procedures to improve blood flow to the heart, such as balloon angioplasty or heart bypass surgery. Depending on your health status and lipid level, your doctor will decide when to start treatment.

***Keep all medication out of reach of children.***

The medicines lower your blood cholesterol levels by reducing the amount of ‘bad cholesterol’ (low density lipoprotein or LDL-cholesterol) and ‘fat’ (triglyceride) and also raise the amount of ‘good cholesterol’ (high density lipoprotein or HDL-cholesterol). High cholesterol levels can cause coronary heart disease by gradually clogging up the blood vessels that supply the heart muscle. This process, called atherosclerosis, can eventually lead to chest pain (angina), heart attack or stroke. Lastly, the medicines may also help to prolong life.

## **HOW SHOULD I TAKE THE MEDICINE?**

Except for cholestyramine, the other medicines in this group come in the form of tablets or capsules. They should be taken by mouth with a drink of water. Please follow the directions on the prescription label. Statins are generally best taken after evening meals.

Fat-Binding Agent is a powder packaged in a packet, to be taken with water. Please follow the directions on the prescription label. Other drugs should be taken at least 1 hour before or 4 hours after taking this medicine. This is to reduce possible interference with absorption of the other medicines.

You should continue taking your medicine unless your doctor tells you to stop. If you stop taking your medicine, your cholesterol level may rise again. Please inform your doctor if you plan to stop taking this medicine indefinitely, in case the dosage of some of your other medicines may need to be adjusted.

## **WHAT SHOULD I DO IF I FORGET A DOSE?**

If you happen to miss your usual dose, do not take an extra dose. Instead, continue taking your next usual prescribed dose.

***Discard all medication that is outdated or no longer required.***

## WHAT ARE THE POSSIBLE SIDE EFFECTS OF THE MEDICINE?

All medicines potentially have side effects. The common reactions from using these medicines are summarised in the table below. Rarely, the medicines may cause liver dysfunction. Your doctor will monitor the status.

Medicine Group	Side Effects
Statins	<ul style="list-style-type: none"><li>• Digestive disturbances, e.g stomach pain, constipation, diarrhoea.</li><li>• Tiredness</li><li>• Headache, muscle ache</li></ul>
Fibrates	<ul style="list-style-type: none"><li>• Nausea, vomiting</li><li>• Digestive disturbances, e.g. heartburn, diarrhoea</li><li>• Skin rashes</li><li>• Headache, muscle ache</li></ul>
Fat-Binding Agents	<ul style="list-style-type: none"><li>• Digestive symptoms, e.g. constipation, diarrhoea</li><li>• Nausea, vomiting</li></ul>
Nicotinic Acid Group	<ul style="list-style-type: none"><li>• Skin flushing or rashes, itching</li><li>• Headache</li><li>• Digestive symptoms, e.g. heartburn, diarrhoea</li></ul>

If you notice any of the above side effects or do not feel well after taking the medicines, please inform your doctor immediately.

## WHAT PRECAUTIONS SHOULD I TAKE?

The table guides you on the precautions you should take:

<b>If You Are:</b>	<b>You Should Not Take :</b>
<ul style="list-style-type: none"><li>• Allergic to any component of the medicine</li></ul>	Statins, Fibrates, Fat Binding Agent
<ul style="list-style-type: none"><li>• Diagnosed with active liver disease</li></ul>	Statins, Fibrates
<ul style="list-style-type: none"><li>• Pregnant or breast-feeding</li></ul>	Statins, Fibrates, Fat Binding Agent, Nicotinic Acid Group
<ul style="list-style-type: none"><li>• Diagnosed to have complete obstruction of the bile duct system</li></ul>	Fat Binding Agents

Please tell your doctor about all other medicines that you usually take. This is important as certain medicines (e.g. warfarin) may interact with this medicine group and may affect their efficacy or increase the risk of side-effects.

## HOW SHOULD I STORE MY MEDICINE?

You should keep your medication in the original container or packaging, tightly closed or sealed. Store tablets in a cool and dry environment.