

## Patient Information

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# Lipid regulating treatments for Stroke patients

These drugs will be used in combination with lifestyle changes; they reduce cholesterol and consequently the risk of stroke. They are also called 'statins'.

## Statins

Statins reduce atherosclerotic cardiovascular disease events.

### How much will I take?

The dose will depend upon your cholesterol level, existing medical conditions and your other risk factors.

Statins are usually commenced at the lower dose and then raised depending on the effectiveness and side effects. Most commonly used statins are Simvastatin (10mg-80mg) Atrovastatin (10mg-80 mg). Others statins in use are Pravastatin, Rosuvastatin.

### What are the potential risks and side effects?

Common effects include altered bowel habits, indigestion, heartburn, nausea and headache. Less common side effects include muscle pain (myalgia).

### How will I feel after I start taking the drug?

You should not feel any different, however if you start to suffer any of the side effects noted above then you should contact your GP.

## Sources of information

**Stroke Association**  
Helpline: 0845 30 33 100  
[www.stroke.org.uk](http://www.stroke.org.uk)

**Your GP**

**NHS Direct**  
Telephone 0845 4647  
[www.nhsdirect.uk](http://www.nhsdirect.uk)

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments please contact our Patient Advice and Liaison Service (PALS) – details below.

## Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

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### Other formats

This information is available in alternative formats such as large print or electronically on request. Interpreters can also be booked. Please contact the Patient Advice and Liaison Service (PALS) offices, found in the main reception areas:

#### **Conquest Hospital**

Email: [palsh@esht.nhs.uk](mailto:palsh@esht.nhs.uk) - Telephone: **01424 758090**

#### **Eastbourne District General Hospital**

Email: [palse@esht.nhs.uk](mailto:palse@esht.nhs.uk) - Telephone: **01323 435886**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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### Reference

The following clinicians have been consulted and agreed this patient information:  
Dr MJH Rahmani, Consultant Lead in Stroke at Conquest Hospital, Hastings  
Dr LCA Conrad, Consultant Lead in Stroke at Eastbourne District General Hospital  
Jane Gallagher, Stroke Specialist Nurse (Information Originator)

Date Agreed: December 2010  
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Responsible Clinician: Dr MJH Rahmani  
Stroke Lead for East Sussex Hospitals NHS Trust