

## Cholesterol Medications

LDL Lowering Medications				
Class / Action	Generic / Trade Name	Usual Daily Dose Range	LDL % Lowering	Considerations
<b>"Statins"</b> HMG- CoA Reductase Inhibitors  Inhibits enzyme that converts HMG-CoA to mevalonate - limits cholesterol production  **Metabolized through CYP3A4	Atorvastatin / Lipitor*	10 – 80 mg	20- 60	Lowers TGs 7-30% Raise HDL 5-15% Take at night. <b>Side effects:</b> weakness, muscle pain, elevated glucose levels. **Review package insert for specific dosing adjustments based on drug, food interactions (ie grapefruit).
	Fluvastatin / Lescol* Lescol XL	20 – 80 mg 80 mg	20- 35	
	Lovastatin* Mevacor Altoprev XL	20 - 80 mg 10 - 60 mg	20- 45	
	Pravastatin / Pravachol*	10 - 80 mg	20- 45	
	Rosuvastatin / Crestor	5 – 40 mg	20- 60	
	Simvastatin / Zocor*	20 – 80 mg	20- 55	
	Pitavastatin / Livalo	2 – 4 mg		
Bile Acid Sequestrants  <b>Action:</b> Bind to bile acids in intestine, decreasing cholesterol production. Secondary action – raise HDL	Cholestyramine/ Questran*	4 to 16 g per day powder – 1 scoop 4g	Lower LDL by 15-30%	May raise TG levels. Raise HDL 3-5%. Avoid taking in same timeframe w/ other meds – may affect absorption (see package insert). Side effects: GI in nature
	Colesevelam / Welchol <b>Lowers A1c 0.5%</b>	3.75 x 1 daily 1.875 x 2 daily (625mg tablets)		
	Colestipol / Colestid	2 to 16 gms per day Powder – 1 scoop = 5g Mix w/ fluid		
Cholesterol Absorption Inhibitors	Ezetimibe / Zetia	10 mg – 1x daily	15-20%	Usually used in combo w/statin. Can cause headache, rash.
Plant Stenols	Benecol	3 servings daily	14%	Well tolerated
Plant Sterols	Take Control	2 servings daily	17%	
Triglyceride Lowering / HDL Raising Medications				
If TG> 500, lower TG first, then reduce LDL.				
Class / Action	Generic / Trade	Usual Daily Dose Range	Lowers TG	Considerations
<b>Fibrates or Fibric Acids</b> Reduces liver lipogenesis	Fenofibrate/ Tricor	48-145 mg 1x daily	<b>20-50%</b>	Lowers LDL 5-20% Raise HDL 10-20% GI side effects, myopathy Avoid w/ severe renal or hepatic disease
	Gemfibrozil / Lopid*	600mg 2x daily		
<b>Nicotinic Acid</b> Raise HDL/Lower TG Inhibits mobilization of free fatty acid	Niacin (immediate release)*	1.5- 3 gms	20-50%	Raise HDL 15-35% Flushing, hyperglycemia, hepatotoxicity – monitor liver enzymes. Can take w/aspirin to < flushing
	NiaSpan (extended release) Niacin (sustained release)	1-2 gms		
<b>Omega 3 Fatty Acid</b>	Omega 3 Acid/ Lovaza	4 gm a day	45%	Raise HDL 9% - Primary use for TG > 500
Combination Medications				
<b>Vytorin</b>	Zetia + Simvastatin	Observe precautions of each component drug		
<b>Juvisync</b>	Januvia + Simvastatin			

\*indicates medication is available in generic form.

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