**LDL Program: Medications Worksheet**

There are many treatment options for high cholesterol, and high LDL cholesterol. The treatment plan should be decided between and patient and their provider and involves a discussion that includes information about general lifestyle, risk factors for cardiovascular disease, and goals of treatment.

Many things can impact someone’s LDL cholesterol, including lifestyle factors (diet, exercise, stress, sleep, among others) as well as genetic factors. While for some individuals, lifestyle factors are enough to lower LDL cholesterol levels to prevent heart disease, sometimes medications are needed.

There are different types of medications used to lower cholesterol. These include:

- **Statins**: these are the most commonly prescribed cholesterol lowering medications. They work by slowing down the liver’s production of cholesterol and increase the liver’s ability to remove LDL cholesterol that is already in the blood.
- **Bile acid sequestrants**: They remove cholesterol from the blood stream by removing bile acids.
- **Niacin**: This is a B vitamin that can improve all blood lipid levels. It raises HDL cholesterol and lowers LDL cholesterol and triglyceride levels. It is available over the counter. It can cause flushing of the face when taken.
- **Fibrates**: mainly lower triglycerides
- **Injectable medications**: a new class of medications called PCSK9 inhibitors lower cholesterol primarily in those with a type of high cholesterol that runs in families, called familial hypercholesterolemia.
- **Red Yeast Rice**: a natural supplement that works very similarly to statin drugs. This is not regulated in the same way as the FDA, so safety concerns exist; however, in studies, it’s use is promising.

You may require medication for high cholesterol if:

- You have had a heart attack or stroke
- Your LDL cholesterol is 190 or higher
- You are 40-75 with diabetes and an LDL cholesterol of 70 or higher
- You are 40-75 with high risk of heart disease and LDL cholesterol of 70 or higher.

**Activity: Cholesterol Medication Matching Game**

Match the cholesterol lowering medication to the action!

<table>
<thead>
<tr>
<th>Medication</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Statin</td>
<td>a. Natural supplement that works similar to statins</td>
</tr>
<tr>
<td>2. Injectable Medication</td>
<td>b. Slow down liver’s production of cholesterol</td>
</tr>
<tr>
<td>3. Niacin</td>
<td>c. Mainly lower triglycerides</td>
</tr>
<tr>
<td>4. Red Yeast Rice</td>
<td>d. Remove cholesterol by removing bile acids from blood</td>
</tr>
<tr>
<td>5. Fibrate</td>
<td>e. Used mostly in familial hypercholesterolemia</td>
</tr>
<tr>
<td>6. Bile Acid Sequestrant</td>
<td>f. B vitamin that improves all blood lipid levels</td>
</tr>
</tbody>
</table>

Answer key: 1.b 2.e 3.f 4.a 5.c 6.d

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