

# Health Update

## Statins: “State-of-the-Art Treatment” for Stubborn High Cholesterol

(NAPSA)—Like many Americans, 39-year-old Geoff Capes has a family history of high cholesterol—his father and siblings all suffer from it. No matter how much he exercises or how closely he watches his diet, his cholesterol levels won't budge without the help of medication.

For Capes and others who are predisposed to high cholesterol (usually because of genetics), the class of drugs known as statins has proven to be remarkably effective at lowering blood cholesterol, as well as remarkably safe. When added to diet, a daily dose of 10 milligrams of Crestor, a statin marking its first anniversary on the market this August, has enabled Capes to reduce his total cholesterol from 290 to 130, bringing it within the range considered healthy. Six statin medications are currently available, letting physicians prescribe the statin and the dose that is most effective for each patient.

Statins can cut levels of LDL cholesterol—the so-called “bad” cholesterol—dramatically, just as Crestor did for Geoff Capes. They also lower total cholesterol and triglycerides, and increase HDL, the “good” cholesterol. While some say the development of these drugs has revolutionized the treatment of high cholesterol, these medications may not be right for everyone. It is important for patients to work with a physician to determine a treatment regimen that may be right for them.


### Making Family Connections

Unlike Capes, not everyone who is predisposed to high cholesterol is aware of it, but a family history of heart disease can sometimes be a clue. Gregory

Ogden's father died of a heart attack, so when he was diagnosed with high cholesterol six years ago, he knew he too was at risk for the disease.

During a visit with his physician, Ogden found that his cholesterol level was an alarming 220. His LDL cholesterol was very high and his HDL was also in need of improvement. Over the years, Gregory's doctor prescribed some of the leading cholesterol-lowering medications available. Although these drugs lowered his LDL cholesterol, neither improved his HDL, even at higher doses.

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Last year, Gregory was prescribed Crestor 10 milligrams and quickly started seeing results. “Not only did the lowest dose of the drug reduce my total cholesterol to an impressive 130, but it also raised my HDL with no side effects.”

### Preventing Later Problems

Genetics aren't the only cause of high cholesterol. Deborah Gibson has no family history of this condition, but she does struggle with her weight. After turning 50, Gibson had her cholesterol levels tested and learned that they exceeded the healthy range. Statin therapy (10 milligrams of Crestor) lowered her total cholesterol from 251 to 169 and her LDL from 180 to 75 in seven weeks. “Women in my age group need to pay attention to their cholesterol levels in order to avoid health problems down the

road,” says Gibson.

In addition to starting statin therapy, Gibson has become more physically active, reduced the amount of fat in her diet, and set a goal to lose weight. Lifestyle changes like these remain important even when statins are needed in order to significantly reduce blood cholesterol levels.

Geoff Capes and Gregory Ogden, too, have improved their diet and added exercise to their daily routines. Their new habits have helped set them on the road to better health.

### About Crestor

Crestor (rosuvastatin calcium) is a prescription medication used along with diet for use in lowering high cholesterol. In clinical studies, it was generally well tolerated. The most common side effects are muscle pain, constipation, weakness, stomach pain and nausea. These are usually mild and tend to go away. Your doctor will do blood tests before and during treatment with Crestor to monitor your liver function. Tell your doctor if you are taking any medications, including cyclosporine, warfarin, gemfibrozil or antacids. Crestor is not right for everyone, including women who are nursing, pregnant, or who may become pregnant or anyone with liver problems. Unexplained muscle pain and weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. Crestor has not been determined to prevent heart disease, heart attacks or strokes.

Full prescribing and product information for Crestor is available by calling the AstraZeneca information center at 1-800-236-9933 or by visiting [www.crestor.com](http://www.crestor.com).