

“Did You Knows” and Quick Tips to Prevent Heart Attacks and Strokes

IMPROVING CHOLESTEROL MANAGEMENT

▼ PURPOSE

Evidence-based content that can be digested quickly and used for training or in email/newsletter/social media communications.

▼ WHY?

To share and scale strategies that most successfully prevent heart attacks and strokes.

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▶ INTENDED AUDIENCE: Clinicians

Quick Tip

Be prepared for the questions patients may have about statins. Consider sharing one of the resources below through the patient portal in advance of the visit.

- [How Do Statins Prevent Heart Attacks and Strokes: Patient Education Animation](#) | [English](#) | [Spanish](#)
- [The Scoop on Statins](#) | Million Hearts® (hhs.gov)
- [Common Patient Questions Q&A](#)

Quick Tip

For your patients at high risk of ASCVD events who are hesitant to start a statin, keep the conversation going by saying “You sound hesitant to start a statin. I want you to seriously consider it, as it could save your life. If we were to prescribe a statin, this is what it would be; if you decide later before our next visit, email me here...”

Did you know? In most cases, statin intolerance is over-estimated and over-diagnosed; around 93% of patients on statin therapy can be treated effectively, with very good tolerability.

- [Prevalence of Statin Intolerance: A Meta-Analysis](#) | European Heart Journal

Did you know? A healthy lifestyle is essential but not enough to lower your patients’ risk of ASCVD. Diet alone will typically reduce LDL by less than 10mg/dL in high-risk patient groups and exercise will reduce LDL by less than 5mg/dL. A 30-50% reduction in LDL is recommended for high-risk patients and requires a high- or moderate-intensity statin.

- [Statins and Lifestyle: Patient Education Infographic](#) | [English](#) | [Spanish](#) | nachc.org

Did you know? A fasting LDL lab result is no longer needed to prescribe a statin. Current guidelines indicate non-fasting labs can be used in statin prescribing for most patients.

- [Statin Therapy for High-Risk Groups Summary Video](#) (13 min.) | NACHC and AMA
- [2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease](#)

Did you know? NACHC created a Cholesterol Provider Training Package to help guide clinical decision support for statin prescribing, and for use in clinical meetings or clinician trainings.

- [Statin Adherence](#) (downloadable tool to use)
- [Statin Associated Side Effects](#) (downloadable tool to use)
- [Statin Therapy for High-Risk Group Summary Video](#) (13 min.)
- [Statin Guideline Snapshot](#) (downloadable tool to use)
- [Statin Inertia Chart](#) (downloadable tool to use)
- [Q&A: Common Patient Questions about Statins](#)

Did you know? Women are less likely to be prescribed a statin than men – even when they have high-risk factors, such as clinical ASCVD. Use data-driven approaches to see if your female patients indicated for statin therapy have appropriate prescriptions.

- [Cardiovascular Risk and Statin Therapy Considerations in Women - PubMed](#) | nih.gov
- [Gaps and Disparities in Primary Prevention Statin Prescription During Outpatient Care](#) | PubMed (nih.gov)

Did you know? Familial hypercholesterolemia (FH) is a genetic condition that causes very high LDL that may affect up to 1 in 300 people. Could you have patients with FH who are undiagnosed? Diagnosing and treating FH at an early age prevents early onset cardiovascular disease and increases life expectancy.

- [International FH Foundation](#)

Quick Tip Use technology to increase cholesterol screening and appropriate statin prescribing at your practice. Telehealth appointments and point-of-care lipid machines can help.

- [Managing Cholesterol Using Technology – Live Q&A with Winding Waters and Zufall Health Centers](#) (45 min. video) | NACHC

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▶ INTENDED AUDIENCE: Care Team

Quick Tip

Initiating a statin with a patient may take more than one conversation. Patients may need support to debunk misinformation or have questions about why they may need a specific medication. Read your patient's non-verbal cues about their uncertainty or how they may feel about starting a statin.

- Q&A with Dr. Cynthia Jones of Mosaic Health (NY) – Short videos with insight on how to address patient questions and initiate statin use.
 - [Why Statin and Lifestyle are Important](#)
 - [Ways to Begin the Conversation](#)
- *Statins and Healthy Lifestyle to Lower Cholesterol in High-Risk Patients* video series highlighting the stories of [Laurie](#) and [Millie](#), who share their experience and the benefits they achieved after starting statin therapy.
- Debunking misinformation
 - How Do Statins Prevent Heart Attacks and Strokes: Patient Education Animation (2 min. video) [English](#) | [Spanish](#)
 - How Do Statins Prevent Heart Attacks and Strokes: Patient Education Infographic | [English](#) | [Spanish](#)

Quick Tip

To ensure cholesterol management is addressed during a 15-minute appointment, discuss whether a lipid panel or a statin is recommended prior to the appointment in the daily huddle. If it still can't be addressed during the in-person encounter, make it part of your protocol to schedule a telehealth follow-up with the patient.

Did you know? Lifestyle changes alone will not reduce LDL enough in high-risk patient groups. Help your patients understand the importance of regularly using a statin to lower their risk of heart attack and stroke. Aim to increase acceptance of statins and statin adherence.

- Statins and Lifestyle: Patient Education Infographic | [English](#) | [Spanish](#)
- How Do Statins Prevent Heart Attacks and Strokes: Patient Education Animation (2 min. video) [English](#) | [Spanish](#)

Did you know? For patients at high-risk for a cardiovascular event, having ongoing conversations on statins over their lifetime is important to ensure they continue with their medication. Patients may get discouraged or want to try lifestyle changes alone. Sharing resources, tools and additional information about statin therapy will provide them with the right information they need for adherence.

- [Mayo Clinic Statin Choice Decision Aid](#)
- Statins and Lifestyle: Patient Education Infographic | [English](#) | [Spanish](#)
- [The Scoop on Statins: What Do You Need to Know?](#) | [hhs.gov](#)

Did you know? Nudging clinicians significantly increases statin prescribing during primary care visits; adding a patient nudge amplifies the clinician nudge.

- [Effect of Nudges to Clinicians, Patients, or Both to Increase Statin Prescribing: A Cluster Randomized Clinical Trial](#) | Cardiology | JAMA Cardiology | JAMA Network