

Despite the proven benefits of taking statin medicine, at least 50% of patients with high cholesterol STOP taking their statin within 1 year of starting it.



To understand why so many patients put their health at risk, the national **ACTION** survey (Understanding Patient Adherence and Concerns with Statins, and Medication Discussions with Physicians) polled more than 5,000 U.S. adults aged 45 or older with high cholesterol who have ever used a statin. The results shed additional light on patients' attitude toward statins, and may help aid the creation of patient-centered care plans and discussions.

Only 45% of current statin users say they communicate openly with their healthcare provider about challenges with their statin

When prescribed a statin for the first time:

67% say they weren't told or can't recall being told by their healthcare provider why a particular statin was prescribed

90% say they weren't told or can't recall being told how their prescribed statin was different from other statins

79% say they weren't told or can't recall being told by their healthcare provider that there are different types of statins available

only 18% say they were told that their prescribed statin could potentially interact with other medications and supplements

Patients may be unaware of risks for drug interactions when taking statins

On average, patients who currently use a statin are taking nearly 8 other medications and/or supplements, making the risk of drug-to-drug interactions with statins a serious possibility for many of them

however, **76%** say they aren't concerned about their statin interacting with other medications or supplements



Patients need and want to make sure their statin is right for them

Nearly 3 in 5 patients (59%) say it's extremely important to them that their healthcare provider takes an individualized approach to selecting the right statin for them

56% of patients currently on a high-intensity statin* [like Lipitor® (atorvastatin) and Crestor® (rosuvastatin)] say they wish they could take a lower-intensity statin to manage their high cholesterol

41% say it's extremely important that their healthcare provider considers their diet when recommending a statin

*A high-intensity statin is one that aims to lower your LDL-C by 50% or more. For example, it includes 40-80 mg of atorvastatin or 20-40 mg of rosuvastatin daily. Lipitor is a registered trademark of Pfizer, Inc. Crestor is a registered trademark of the AstraZeneca group of companies.

As a family physician, you are in a unique position to shape cholesterol patients' statin experiences

70% of patients see their family physician to manage their cholesterol



For more information about the ACTION survey, cholesterol management resources and considerations for working with a doctor to determine the most appropriate statin, tell patients to visit www.TakeCholesterolToHeart.com

Cohen JD, et al. Understanding statin use in America and gaps in patient education (USAGE): An internet-based survey of 10,138 current and former statin users. *Journal of Clinical Lipidology*. 2012; 6, 208-215

Harris Poll conducted ACTION: The Statin Survey (Understanding Patient Adherence and Concerns with Statins, and Medication Discussions with Physicians) online on behalf of Kowa Pharmaceuticals America, Inc., within the United States from July 7- August 4, 2017, among 5,014 U.S. adults aged 45 or older, who have been diagnosed with high cholesterol, and have ever used a statin to treat high cholesterol. This online survey is not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated. For complete survey methodology, including weighting variables, please contact Erin Bittner at W2O Group, 212-301-7226.

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