

MEDICATIONS THAT DECREASE CHOLESTEROL

	GENERIC (TRADE)	LDL	HDL	TG	SIDE EFFECTS/COMMENTS	FOOD?
S T A T I N S / H M G	Atorvastatin (Lipitor)	↓ 35-60%	↑ 5-15%	↓ 7-30%	Side effects < 10%, generally better tolerated than other agents Common: Upper GI disturbances, muscle pains, headache, rash & sleep disturbances	No grapefruit (except PRA & ROS) +/- Food
	Fluvastatin (Lescol)	↓ 20-35%				
	Lovastatin (Mevacor)	↓ 25-40%				
	Pravastatin (Pravachol)	↓ 20-35%				
	Rosuvastatin (Crestor)	↓ 40-65%				
	Simvastatin (Zocor)	↓ 35-50%				
F I B R A T E S	Bezafibrate (Bezalip)	↓ 5-20%	↑ 10-20%	↓ 20-50%	Common: GI upset, rash & abdominal pain Less common: headache, itchiness, decreased libido, dizziness, drowsy, muscle aches, increase glucose, sleep/vision changes	+ Food
	Fenofibrate (Lipidil Micro, Lipidil Supra)					+ Food
	Gemfibrozil (Lopid)					½ hour before food
R E S I N S	Cholestyramine (Questran)	↓ 15-30%	↑ 3-5%	NO change or Possible ↑	Common S/E (<30%): Constipation, nausea & bloating Increase fluid & bulk in diet (Metamucil may be required) Mix with juice, water, milk, applesauce	+/- Food
	Colestipol (Colestid)					2 hours apart from other meds
O T H E R	Ezetimibe (Ezetrol)	↓ 17%	↑ 1.3%	↓ 6%	Decreases intestinal cholesterol absorption	+/- Food
	Nicotinic Acid (Niacin) (Nicotinamide – not effective!!)	↓ 5-25%	↑ 15-35%	↓ 20-50%	S/E: Flushing (↓ by ASA/Advil ½ hour pre), dry eyes, itchiness, headache, GI upset, increase uric acid (gout), increase glucose	+ Food