

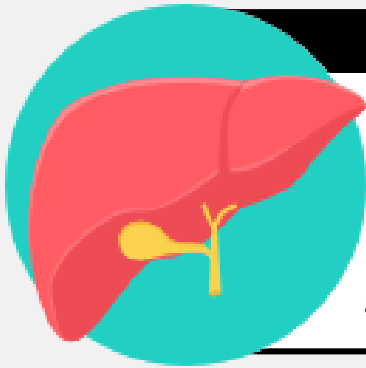
Statins and Liver Health



WHAT IS A STATIN?

Statins are among the most commonly prescribed medications in the world. Statins are usually prescribed to help people lower high cholesterol, and to reduce the risk of a heart attack or stroke.

Statins block a pathway in your liver that makes cholesterol. When that pathway is blocked, the liver can remove cholesterol instead of making more.



STATINS AND LIVER HEALTH

If you have a liver condition, your doctor will check the health of your liver by doing a blood test to measure an enzyme called alanine aminotransferase (ALT).

For most people, using statins will not cause problems with liver health. If you are using a statin, there is a small chance that the amount of ALT in your blood may increase. Usually, the increase is mild and does not cause any symptoms. In most people, this goes away after a short time and does not cause any liver damage.



WHY CONSIDER A STATIN?

People with liver cirrhosis are at increased risk for developing liver cancer. There is a growing body of research suggesting that statins may lower a person's risk of developing liver cancer.

In addition, statins can lower the risk of heart attack and stroke, even if your cholesterol level is considered normal.

WHERE CAN I FIND MORE INFORMATION?



Medications and the Liver, American College of Gastroenterology

patients.gi.org/topics/medications-and-the-liver/

Statin Therapy To Reduce Disease Progression from Liver Cirrhosis to Cancer

<https://www.nucancerprevention.org/i-have-liver-cirrhosis>