hyperlipidemia drugs

Hyperlipidemia is a medical term for abnormally high levels of fats (lipids) in the blood, which include cholesterol and triglycerides. Although it can be inherited, it often results from lifestyle factors, including an unbalanced diet and too little physical activity.

Cholesterol is a fatty substance that travels through your bloodstream on proteins called lipoproteins.

When you have too much cholesterol in your blood, it can build up on the walls of your blood vessels and form plaque. Over time, plaque deposits grow larger and begin to clog up your arteries. This may lead to:

1. heart disease
2. heart attack
3. stroke

peripheral artery disease, which can lead to limb ischemia or gangrene

There are two types of cholesterol, LDL and HDL. You've probably heard them called "bad" and "good" cholesterol, respectively.

LDL ("bad") cholesterol builds up in your artery walls, making them hard and narrow. HDL ("good") cholesterol cleans up excess "bad" cholesterol and moves it away from the arteries, back to your liver.

Medicine to lower your cholesterol

You might need medicine to lower your cholesterol if:

your cholesterol level has not gone down after changing your diet and lifestyle

you're at a high risk of having a heart attack or stroke

Ask your doctor about the medicines you can take.

Statins Statins are the most common medicine for high cholesterol. They reduce the amount of cholesterol your body makes. You take a tablet once a day. You usually need to take them for life.

Other medicines for high cholesterol

Other medicines may be used if statins do not work or you do not want to take statins. These include:

1. other tablets – such as ezetimibe, fibrates, bile acid sequestrants (also called resins) and bempedoic acid
2. injections – such as alirocumab, evolocumab and inclisiran

Commonly reported side effects of statins include:

1. Headaches
2. Nausea
3. Muscle and joint aches