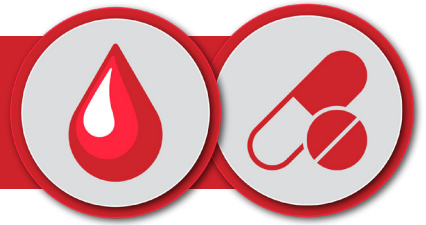




WHAT ARE CHOLESTEROL-LOWERING MEDICATIONS?



You may need a cholesterol-lowering medication because your body needs extra help reducing your cholesterol levels. Healthy habits, such as a heart-healthy diet and regular physical activity are still important. You and your health care professional can choose a treatment plan that feels right for you.

What types of cholesterol-lowering medications are available?

LDL Cholesterol-Lowering Medications

These medications help lower LDL cholesterol. Some can be taken with a statin to lower LDL even more.

- **Statins** lower LDL by reducing cholesterol production in the liver. Statins are often the first medication recommended to lower LDL. Examples include atorvastatin, rosuvastatin, and simvastatin.
- **Ezetimibe** prevents cholesterol from being absorbed in the intestines. It is the most commonly used non-statin medication to lower LDL cholesterol.
- **PCSK9 inhibitors** help the liver remove more LDL from the blood.
 - **The monoclonal antibodies** type lowers LDL cholesterol by binding to a protein made in the liver. Some names include alirocumab and evolocumab.
 - **The siRNA** type lowers LDL by stopping the liver from producing PCSK9. An example is inclisiran.
- **ACLY inhibitors** block cholesterol production in the liver. They may be used with other cholesterol-lowering medications to help lower LDL further in adults. An example is bempedoic acid.
- **Bile acid sequestrants** help the intestines to remove more cholesterol by binding bile acids. Some examples are cholestyramine, colestevlam and colestipol.
- **Microsomal TG transfer protein inhibitors** lower LDL by blocking the body from making certain lipoproteins that carry cholesterol. They are used only for people with homozygous familial hypercholesterolemia (HoFH). An example is lomitapide.
- **ANGPTL3 inhibitors** lower LDL by blocking a protein that affects how the body removes fats from the blood. They are used only for people with HoFH. An example is evinacumab-dgnb.

Triglyceride-Lowering Medications

These medications can lower triglycerides and may slightly lower LDL. When triglyceride levels are very high, lowering them can help prevent pancreatitis, a serious and painful swelling of the pancreas.

- **Fibrates** are especially good at lowering triglycerides and have a mild LDL-lowering effect. Examples include fenofibrate, fenofibric acid and gemfibrozil.
- **Omega-3 fatty acids** help lower high triglycerides in the blood. These require a prescription and are different from fish oil supplements. Examples include omega-3 acid ethyl esters and icosapent ethyl (IPE).
- **Niacin (nicotinic acid)** is a vitamin B that lowers triglycerides by reducing how much fat the liver makes. It may also raise HDL and mildly lower LDL. Take this only if prescribed. Examples are extended-release niacin and immediate-release niacin.
- **ApoC-III inhibitors** lower triglycerides by reducing a protein that affects how the body clears fats from the blood. They are used only for people with familial chylomicronemia syndrome (FCS). An example is olezarsen.



Follow directions, report any side effects and don't stop treatment without talking to your health care professional.

Dietary supplements are not recommended for lowering cholesterol and may interact with medications. Always tell your health care professional if you use any supplements.

Learn more at heart.org/Cholesterol.