



# Rosuvastatin for Heart Health

**What is rosuvastatin?** Rosuvastatin is a medication used to treat high cholesterol and prevent heart attacks and strokes. It belongs to a class of drugs called statins, which work by blocking an enzyme in the liver that is responsible for making cholesterol <sup>12</sup>.

**How does rosuvastatin help the heart?** Rosuvastatin helps the heart by lowering levels of "bad" cholesterol (LDL) and triglycerides in the blood, while increasing levels of "good" cholesterol (HDL). By reducing cholesterol levels, rosuvastatin helps prevent the buildup of fatty deposits (plaque) in the arteries, which can lead to heart attacks and strokes <sup>13</sup>.

**Who should take rosuvastatin for heart health?** Rosuvastatin is recommended for adults who have high cholesterol, a history of heart disease, or are at high risk for heart disease. It may also be used for people with certain genetic conditions that cause high cholesterol. Rosuvastatin is not usually recommended for people who do not have high cholesterol or risk factors for heart disease <sup>14</sup>.

**How is rosuvastatin taken?** The usual dose of rosuvastatin varies depending on the individual's condition and response to treatment. It is typically taken once a day, with or without food. It is important to take rosuvastatin exactly as prescribed by your doctor <sup>15</sup>.

**What are the benefits?** Studies show that rosuvastatin can lower the risk of heart attacks, strokes, and the need for procedures to open blocked arteries. It works best when taken along with other heart medicines, like aspirin <sup>13</sup>.

**What are the possible side effects?** Most people tolerate rosuvastatin well. The most common side effects include headache, nausea, muscle aches, and stomach pain. Rarely, rosuvastatin can cause serious muscle problems, liver damage, or changes in blood sugar levels <sup>15</sup>.

**Who should NOT take rosuvastatin?** Rosuvastatin should not be used by people with severe liver problems, certain muscle disorders, or those who are allergic to any of its ingredients. It should also be avoided if taking certain medicines that interact with rosuvastatin. Always tell your doctor about all the medicines you take <sup>14</sup>.

## Summary

Rosuvastatin is a safe and effective medication for lowering cholesterol and preventing heart attacks and strokes in people with high cholesterol or high risk. It works by reducing the amount of cholesterol in the blood. Most people tolerate it well, but some may experience side effects. Always follow your doctor's instructions and let them know about any concerns <sup>1 3</sup>.

## References

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