

Soundbite Script – Why aren't you taking your statins?

Nancy Dagefoerde, APRN, nurse practitioner, OSF HealthCare Cardiovascular Institute

"People worry about muscle pain. That's a common side effect. They think it's going to do something to their liver or their kidneys. It's going to cause diabetes; it's going to cause dementia. There's a lot of misconceptions out there and reading that (wrong) information scares people and then they choose not to take the medication and they don't look at the benefits." (:23)

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"By lowering your cholesterol, the patient gets the benefit of reducing their heart attack and stroke risk or any blood vessel risk. We could lower their heart attack and stroke risk in some cases up to 50%." (:16)

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"Oftentimes, it's not going to budge with just diet and exercise so we have to figure out an adequate treatment plan for you." (:9)

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"If your risk is high, then we want to do more preventive cardiology. Let's treat the cholesterol, the blood pressure, the sugar – and get active and eat healthy. These are all components for overall health and hopefully we can prevent problems down the line." (:15)