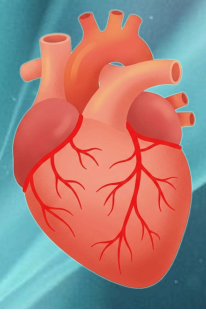
BRING TO YOUR VISIT

Medicine and *symptom log*

If you get muscle aches on a statin, note them here. Don't stop or switch a medicine on your own.



My cholesterol medicines

STARTED	MEDICINE AND DOSE	STOPPED OR CHANGED	WHY

Muscle symptoms

DATE	WHERE (BOTH THIGHS, CALVES, ARMS, ONE SIDE)	HOW BAD (0 TO 10)	WEEKS AFTER STARTING	BETTER AFTER STOPPING? BACK AFTER RESTARTING?

Get care right away for severe muscle pain or weakness, or dark (tea-colored) urine.

Score your symptoms with the free statin muscle pain checker at prevalhealth.com/statin-muscle-pain-checker.

Columns follow the NLA SAMS-CI (Rosenson RS et al., Cardiovasc Drugs Ther 2017): location, onset, improvement after stopping, recurrence on restart. Precision cardiovascular prevention. Educational only, not medical advice; your clinician sets your plan.