

Re: Frightened to start statin

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From: Brad Sheppard (Brad_at_sheppardsoftware.com)

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For most people the benefits of the statin drugs outweigh the risks – that's why docs prescribe them. Your low tolerance to exercise is not a good sign. You'd be on the lowest dose of Crestor. If you're unwilling or unable to go further with diet and exercise, Crestor may be a wise choice. To see what changes you should make take this interactive quiz from Harvard:

<http://www.yourdiseaserisk.harvard.edu/hccpquiz.pl?func=start&quiz=heart>

Louise <none@nospam.com> wrote in message

news:<MPG.1b7105d05c822dbc9896f3@news-server.nyc.rr.com>...

- > *I'm 61 yrs old, 25 lbs. overweight, with mild hbp and blood pressure*
- > *that increases too much in response to moderate exercise. I'm often out*
- > *of breath after walking a flight of subway steps, or even 10 level*
- > *blocks.*
- >
- > *I was put on Cozzaar 25mg, 6 months ago and my ability to tolerate*
- > *exercise has increased, but not a lot. But my blood pressure now*
- > *averages 115-120/70-80.*
- >
- > *My total cholesterol is 243 and my diet is pretty good. I might be able*
- > *to make it 15-20% better, but not much more than that because there*
- > *isn't that much to cut out.*
- >
- > *I was just prescribed 5mg of Crestor and I'm afraid to take it.*
- >
- > *I already suffer from fibromyalgia and am therefore afraid of the*
- > *possible muscle weakness from the Crestor. I also suffer from GERD*
- > *which often affects my voice. So I'm afraid of the possible side effect*
- > *of pharyngitis from the Crestor. Are these fears "realistic"?*
- >
- > *I have to time it very carefully to avoid antacid interaction and I'm*
- > *wondering if the warning about antacides applies to Proton Pump*
- > *Inhibitors such as Prevacid?*
- >
- > *I'm wondering if there is a "safer" drug around – or one with a*
- > *different side effect profile which wouldn't bump into some of my most*
- > *chronic medical problems?*
- >

sci.med.cardiology: Re: Frightened to start statin

- > *Any and all suggestions and recommendations greatly appreciated.*
- >
- > *TIA*
- >
- > *Louise*