

Understanding Statin Intensity

Statins are a class of medications used to lower high cholesterol and reduce the risk of heart attack and stroke. Statin doses are often categorized as low, moderate, and high intensity. Your cholesterol goals, medical conditions, and other factors may determine which statin is right for you.



HIGH-INTENSITY

lower LDL by more than 50%

Rosuvastatin 20-40 mg
Atorvastatin 40-80 mg



MODERATE-INTENSITY

lower LDL by 30% - 49%

Rosuvastatin 5-10 mg
Atorvastatin 10-20 mg
Simvastatin 20-40 mg
Lovastatin 40-80 mg
Pravastatin 40-80 mg
Pitavastatin 1-4 mg
Fluvastatin XL 80
Fluvastatin 40 mg (twice daily)



LOW-INTENSITY

lower LDL by less than 30%

Simvastatin 10 mg
Lovastatin 20 mg
Pravastatin 10-20 mg
Fluvastatin 20-40 mg

Statins Understanding Clinical Use

Julia Schneider



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