



## Debunk the myths about cholesterol

The Singapore Heart Foundation (SHF) and AstraZeneca recently disclosed data gathered from a study stating that many patients have misconceptions regarding cholesterol medications. If not properly addressed, these misconceptions may lead to poor medication compliance. Left untreated, high cholesterol can lead heart disease and stroke.

Many (37 per cent) of the 365 patients who were surveyed thought that taking cholesterol medications increase their risk of developing cancer, while 54 per cent alleged that cholesterol medications eventually lead to kidney failure. These assumptions are

unfounded, according to A/Prof Chua, adding that scientific data has not proven any link between cholesterol medications and cancer or liver disease.

Commenting on this, Dr Low Lip Ping, the Chairman Emeritus of SHF said, "Diet and exercise are important ways to lower cholesterol but medication is often needed and especially essential for patients with proven heart disease. Many of our patients seem to be overly concerned about taking medications such as statins, which are well established to be effective at preventing heart attacks and have an excellent safety record. This survey reminds us of the need to educate our patients well."