

# Why to start a statin if I have Diabetes

How do I reduce my risk of having a stroke or heart attack?

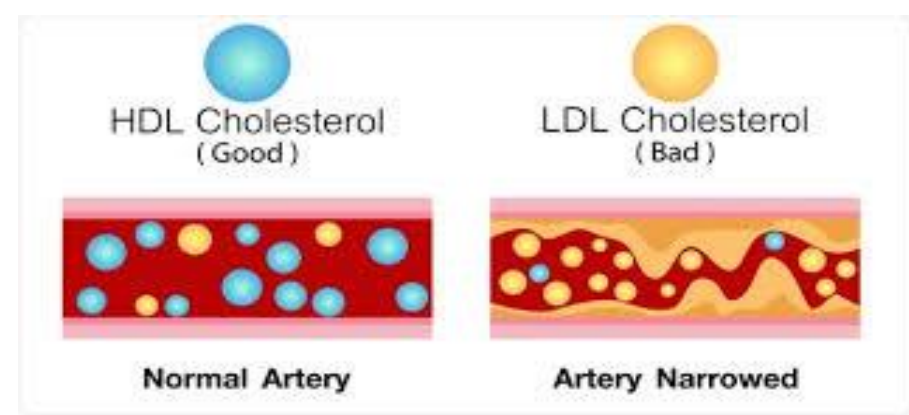
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# Cardiovascular Disease and Diabetes (CVD)

- CVD describes disease of the heart or blood vessels caused by the hardening and narrowing of the arteries (atherosclerosis).
- When blood flow is reduced or blocked in the blood vessels that feed the heart and brain it can result in a heart attack or stroke.
- Risk factors for CVD : Diabetes, smoking, raised cholesterol, high blood pressure, obesity, physical inactivity.



# Cholesterol



- Cholesterol is made in the liver from the fats in your diet.
- Two main types of cholesterol, LDL (bad) and HDL (good).
- High LDL levels are linked to coronary artery disease and stroke.



# How can I reduce my cholesterol?

- Cholesterol levels can be reduced by lifestyle/dietary changes.
- Taking a statin may also be recommended for the following people:
- Type 2 Diabetes who have a 10% or greater 10 year of developing cardiovascular disease.
- Type 1 diabetes if over the age of 40, or have had diabetes >10 years, or established kidney disease or other CVD risk factors such as high blood pressure.
- Research shows that reducing cholesterol with statins reduces the risk of heart or stroke by 21%.

# How do statins work?

- Statins block a chemical in the body (enzyme) which is needed to make cholesterol in the liver.
- Statins reduce the LDL (bad) cholesterol.
- Current guidance recommends Atorvastatin 20mg.
- Other statins are also available.
- Statins are taken once a day at bedtime.
- Take medication as prescribed to ensure maximum benefit.



# What do I need to know?

## ( Read Statin information leaflet)

- Avoid grapefruit or grapefruit juice
- Stop statin therapy 3 months before planning a pregnancy, pregnant or breastfeeding.
- Use safe contraception in women of child bearing age.

# Side effects of statins

- Most people do not experience any side effects.
- Minor side effects include headache, pins and needles, abdominal pain, bloating, diarrhoea or a rash.
- Most commonly reported side effect muscle aches
- Very rare side effects- Severe form of muscle inflammation.
- Unexpected muscle pain, cramps or weakness contact your Doctor for advice.

# How does diet affect cholesterol levels?

- Our bodies make all the cholesterol it needs using fats from our diet and absorbs a small amount of cholesterol from certain foods, such as eggs, meat, and full-fat dairy products.
- A diet high in saturated fats and alcohol contribute to increased LDL (bad) cholesterol e.g. red meat, animal fats.
- Diets higher in healthier unsaturated fats can actively reduce your LDL levels and contribute to higher HDL (good) levels e.g. oily fish, olive oil.
- Aiming for a diet lower in saturated fat and controlled amounts of unsaturated fat will reduce levels of bad cholesterol and reduce risk of future cardiovascular events



# 5 Key points for dietary management



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- Aim for 2 portions of fish a week, one oily (a portion is about the size of a deck of playing cards)



Try to grill, dry fry, steam foods and remove visible fats from meats i.e. take the skin off chicken

And reduce salt !



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Increase plant sources of proteins - replace half the meat in a meal with beans/pulses/ chickpeas



Shouldn't need plant stanols/sterols if you are on a statin!

Increase wholegrains and soluble fibre!

# Benefits of exercise on cardiovascular health

Aim for 30 mins of moderate physical activity (likely to induce sweating and some breathlessness)  
5 times per week

or

75 mins of vigorous activity (too breathless to hold a conversation while exercising) twice weekly\*

Evidence shows that you get the best results if you increase one area of your **FITness** weekly:

- 1) Frequency
- 2) Intensity
- 3) Training duration

Note:

Stopping smoking can help improve your tolerance to exercise and help prevent further damage to your blood vessels

\*if you have any concerns please consult with your own healthcare professional

## ***If you are battling against the bulge.....***

- Safe, sustainable and steady? 0.5-1kg (1-1.5lb) weight loss per week is great!
- Aiming for initial 5-10% of total body weight can result in significant reductions in triglycerides, total cholesterol, and LDL cholesterol.
- An extra 2 biscuits a day (100kcal) on top of what you need can result in 10lb weight gain! (4.5kg)
- If you made a reduction in your calorie intake by 100kcal a day or did an additional 15-30 minutes of activity a day. You could reduce your weight by this amount in a year!

## *In Summary...*

### MORE

Vegetables, fruit and berries  
fish and shellfish  
nuts and seeds  
exercise



### SWITCH TO

wholegrain  
healthy fats  
low-fat dairy products



### LESS

red and processed meat  
salt  
sugar  
alcohol



# ***Thank you for watching - Signposting***

North East Essex weight management

<https://www.providemyweightmatters.org.uk/home/>

IAPT - is there weight gain a result of psychological stress?

<https://www.therapyforyou.co.uk/>

NHS 12 week weight loss website

<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>

British Heart Foundation

[www.bhf.org.uk](http://www.bhf.org.uk)

NHS Choices: How to eat less saturated fat

<http://www.nhs.uk/Livewell/Goodfood/Pages/Eat-less-saturated-fat.aspx>

Giving up smoking

<https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/help-with-giving-up-smoking>

<https://www.essexwellbeingsservice.co.uk/lifestyle/stop-smoking>

Increasing Activity levels

<https://www.nhs.uk/better-health>

Blood Pressure management

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/blood-pressure>

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/care-to-expect>