

# Cov Tshuaj Kho Mob Statin

**C**ov tshuaj kho mob Statin feem ntau lawm raug siv los pab txo qhov ntshav muaj roj. Nyob rau ntau lub xyoo dhau los, txawm li cas los, ntau cov kev nkag siab yuam kev txog cov tshuaj kho mob statin raug nthuav tawm mus dav lawm, uas tsim ua rau qee leej neeg siv muaj nqe lus nug tias cov tshuaj ntawd siv puas muaj kev nyab xeeb los sis puas yog tias yuav tsum tau siv, qhov tseeb tiag, yeej tsis muaj kev tshawb fawb uas yuav los pab txhawb cov kev hais dag no me-me li.

Koj tsim nyog ntseeg siab rau koj li kev siv qhov tshuaj uas muaj ntawv txib yuav thiab peb nyob ntawm no yuav los pab koj kom nkag siab txog qhov kev tshawb fawb tom qab siv qhov tshuaj statin. Kev paub qhov tseeb yuav pab txo qhov sib chab sib chaws uas tau tsim muaj los ntawm cov kev xav uas nquag muaj no.



## KEV MUAB CAIS

# Qhov Tseeb

LOS  
NTAWM

# Kev Xav

# Kev Xav #1

## Cov tshuaj statin yog txhua cov kev pab txhawb uas muaj txiaj ntsig me

Cov tshuaj statin yog ib ntawm cov tshuaj kho mob nyob rau hauv khw muag tshuaj uas muaj txiaj ntsig ntau tshaj plaws nyob rau fab cov txiaj ntsig rau kev noj qab haus huv uas cov tshuaj ntawd muab. Thaum muab sib piv nrog rau lwm cov tshuaj kho mob plawv xws li aspirin, cov tshuaj statin muab tau cov txiaj ntsig ntau zog uas muaj cov kev fab tshuaj tsawg. Cov ntaub ntawv qhia pom tias cov tshuaj statin muaj txiaj ntsig siab rau cov neeg mob uas muaj cov feem xyuam kev pheej hmoo rau kev muaj mob plawv<sup>1</sup>

Tau ua ntau cov kev tshawb fawb txog cov tshuaj statin rau ntau leej tib neeg. Cov kev tshawb fawb nyuam qhuav kiag no qhia pom tias cov neeg mob uas siv cov tshuaj statin muaj kev pheej hmoo qis rau cov xwm txheej kev muaj mob plawv, xws li mob plawv nres, hlab ntshav plawv txhaws los sis plawv tuag.

Nyob rau cov neeg uas muaj mob plaws nres, hlab ntshav plawv txhaws, hlab ntshav plawv txhaws me los sis lwm cov hlab ntshav txhaws (xws li ob txhais ceg), kev noj qhov tshuaj statin mus ntev li plaub txog tsib xyoo muaj cov feem cuam tshuam raws li hauv qab no.



Cov kev pov thaiv muaj **ib leeg** muaj xwm txheej mob plawv ntawm txhua-txhua **20** leej neeg uas tau kho<sup>2</sup>

Cov kev pov thaiv muaj **ib leeg** tuag ntawm txhua-txhua **50** leej neeg uas tau kho<sup>3</sup>



Nyob rau cov tib neeg uas tsis muaj qhov xwm txheej muaj mob plawv, uas noj qhov tshuaj statin mus ntev li plaub txog tsib xyoo muaj cov feem cuam tshuam raws li hauv qab no.



Cov kev pov thaiv muaj **ib leeg** muaj xwm txheej mob plawv ntawm txhua-txhua **50** leej neeg uas tau kho<sup>2</sup>

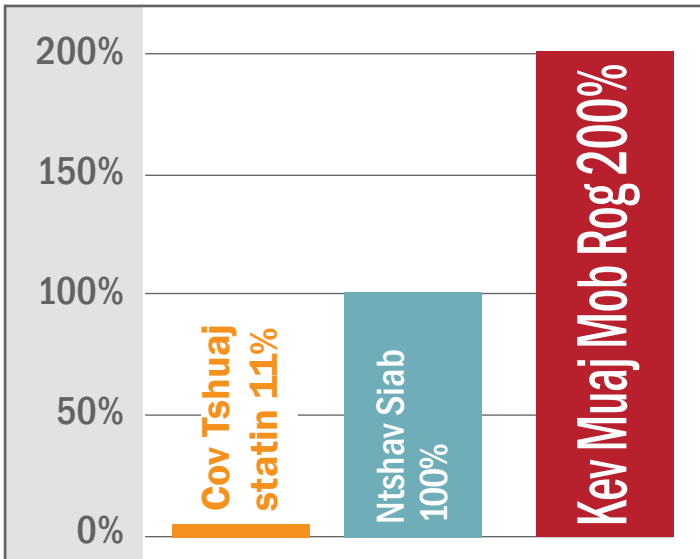
Cov kev pov thaiv muaj **ib leeg** tuag ntawm txhua-txhua **200** leej neeg uas tau kho<sup>3</sup>



## Key Xav #2 Cov tshuaj statin yuav tsim ua rau muaj mob ntshav qab zib

Qhov ntshav muaj piam thaj nce me ntsis los ntawm kev yoo tshaib tej zaum yuav tshwm sim nyob rau qhov kev kho mob uas siv tshuaj statin, uas muaj feem tsim ua rau cov neeg mob uas twb muaj cov feem xyuam kev pheej hmoo muaj mob ntshav qab zib lawm mob ntshav qab zib.

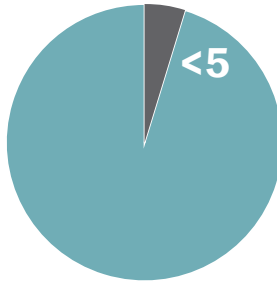
Cov tshuaj statin yuav ua rau qhov kev pheej hmoo mob ntshav qab zib nce thaj tsam li **111 feem pua**, thaum uas kev muaj mob ntshav siab ua rau kev pheej hmoo muaj mob ntshav qab zib nce li **100 feem pua** thiab kev muaj mob rog ua rau qhov kev pheej hmoo nce li **200 feem pua**.



Cov tshuaj statin yuav tsis tsim ua rau muaj mob ntshav qab zib kiag tam sim, thiab cov txiaj ntsig ntawm cov tshuaj statin muaj ntau tshaj li qhov muaj feem ua rau muaj mob ntshav qab zib lawm. Koj los kuj tuaj yeem txo tau koj li kev pheej hmoo muaj mob ntshav qab zib los ntawm kev hloov pauv kev ua neej xws li kev tswj qhov hnyav kom muaj kev noj qab nyob zoo, kev qoj ib ce thiab kev noj yam khoom noj txhawm rau kev noj qab nyob zoo.<sup>4</sup>

## Kev Xav #3 Cov tshuaj statin yuav tsim ua rau mob leeg nqaij

Yog tias koj ntsib kev muaj mob leeg nqaij thaum uas siv qhov tshuaj statin, sib tham nrog rau koj tus kws kho mob ntiag tug hais txog nws.

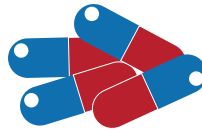


Muaj tsawg tshaj 5 feem pua ntawm cov neeg uas siv cov tshuaj statin uas yuav muaj mob leeg nqaij.<sup>2</sup>

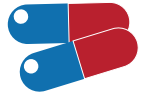
Yog tias qhov mob tau cuam tshuam nrog rau qhov tshuaj kho mob, tej zaum koj yuav tuaj yeem noj tau lwm hom tshuaj statin, txo koj qhov tshuaj noj los sis hloov pauv qhov noj tuab (piv txwv, noj peb zaug rau ib vij hloov qhov noj txhua hnub).



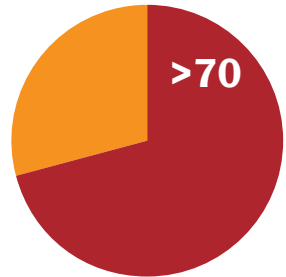
VS.



VS.



Muaj ntau tshaj 70 feem pua ntawm cov neeg siv qhov tshuaj statin uas muaj cov tsos mob leeg nqaij yuav tsis muaj tib yam teeb meem nrog rau hom tshuaj statin uas sib txawv los sis qhov ntau ntawm qhov tshuaj noj uas siv txawv.<sup>2,5</sup>



Txawm tias txhua cov tshuaj statin ua hauj lwm tib yam nkaus los txo qhov ntshav muaj roj los, yeej muaj cov sib txawv nyob rau hauv txoj hauv kev uas lawv nkag mus thooob lub cev. Qee cov tshuaj statin yuav nkag mus rau hauv cov tsig nqaij hauv lub cev xws li leeg nqaij tau yooj yim ntiv thiab muaj kev cuam tshuam nrog rau qib kev muaj mob leeg nqaij uas siab zog.<sup>6</sup> Yog tias koj ntsib kev muaj mob leeg nqaij thaum uas siv qhov tshuaj statin, tej zaum koj yuav tuaj yeem siv tau lwm qhov tshuaj uas nkag mus rau hauv cov tsig nqaij tsis tau yooj yim mus ntiv, xws li rosuvastatin, pravastatin los sis fluvastatin.

## Kev Xav #4 Tsis tas yuav siv cov tshuaj statin yog tias cov qib ntshav muaj roj tsis ua cas

Cov tshuaj statin muaj cov txiaj ntsig dhau ntawm kev txo tau qhov ntshav muaj roj, suav nrog qhov zoo ntawm kob tshuaj antioxidant uas tuaj yeem txo tau kev muaj mob o, dhau li no lawm kuj txo tau lub hwm tsam mob plawv nres los sis hlab ntshav plawv txhaws.<sup>7</sup>



Piv txwv, cov lus qhia txog kev muaj mob ntshav qab zib tam sim no hais tias qhov tshuaj statin tsim nyog pib siv yam tsis quav ntej txog. cov qib ntshav muaj roj nyob rau cov tib neeg uas muaj hnuv nyoog ncuu ntawm 40 thiab 75 xyoo. **Kev pib**

**siv qhov tshuaj statin zoo tam li qhov kev pov thaiv, ua ntej cov qib ntshav muaj roj yuav tsis zoo, tuaj yeem txo tau kev pheej hmoo muaj mob plawv nres thiab hlab ntshav plawv txhaws.** Cov tib neeg uas muaj kev xiam oob qhab uas muaj hnuv nyoog qis dua 40 xyoo los sis siab tshaj 75 xyoo tsim nyog sib tham nrog rau lawm tus kheej tus kws kho mob ua ntej pib los sis siv qhov tshuaj statin mus ntxiv.<sup>8</sup>

## Kev Xav #5 Cov tshuaj statin yuav tsim ua rau muaj mob puas hlwb

Tsis muaj qhov kev sib txuas qhia kom pom txog ncuu ntawm kev siv tshuaj statin thiab kev muaj mob puas hlwb. Kev muaj mob puas hlwb yog lo lus uas siv piav qhia txog cov tsos mob uas muaj feem cuam tshuam lub cim xeeb, kev xav thiab cov kev muaj peev xwm koom nrog lwm tus. Tus kab mob Alzheimer yog qhov tsim ua rau nquag muaj mob puas hlwb tshaj plaws.

Rov qab qees, kuj muaj ntau cov kev tshawb qhia pom tias cov neeg uas tab tom siv cov tshuaj statin yuav muaj kev pheej hmoo qis zog rau kev muaj mob puas hlwb.<sup>9</sup> Thaum uas yuav tsum tau ua cov kev tshawb fawb ntxiv los txiav txim cov hauv kev qhia meej tias tej zaum cov tshuaj statin yuav txo tau qhov kev pheej hmoo muaj mob puas hlwb, tsis muaj pov thawj qhia tias cov tshuaj statin yuav tsim ua rau muaj mob puas hlwb.



## Kev Xav #6

### Lwm cov tshuaj kho mob uas muaj ntawv txib yuav uas raug siv los txo qhov ntshav muaj roj yeej txo tau zoo li los sis zoo tshaj li cov tshuaj statin

Cov kev tshawb pom los ntawm lub Mes Kas Lub Tsev Kawm Khos Lej Txog Kab Mob Plawv Cov Neeg Ua Hauj Lwm (American College of Cardiology Task Force) qhia pom tias kev siv cov tshuaj statin yog “qhov kev kho mob thaum xwb thawj uas kho tau zoo tshaj plaws” thiab tsim nyog muab xam uas thawj kab kev pov thaiv cov neeg uas muaj keeb kwm muaj mob ntshav qab zib, kab mob plawv los sis qib ntshav muaj roj siab.

Yog tias yuav tsum tau kho ntxiv rau cov neeg mob uas twb siv tshuaj statin lawm, pab pawg neeg ua hauj lwm xav kom siv qhov tshuaj ezetimibe (Zetia) ua qhov tshuaj kho mob txhab ntxiv. 10 Tib yam tshuaj ezetimibe nkaus xwb yeej tuaj yeem txo tau qhov ntshav muaj roj thiab, tab sis nws tsis pom muaj qhov txo tau qhov kev pheej hmoo muaj mob plawv nres los sis hlab ntshav plawv txaws.

Lwm cov kev kho mob, xws li tshuaj niacin, fibrates thiab cholestyramine, tej zaum yuav txo tau qhov ntshav muaj roj thiab, tab sis cov tshuaj ntawd kuj tsis pom muaj qhov txo tau kev muaj mob plawv nres los sis hlab ntshav plawv txaws.<sup>2</sup>



## Kev Xav #7

### Cov tshuaj yuav raws khw muag tshuaj (OTC), xws li tshuaj red yeast rice, yog txoj hauv kev xaiv uas zoo zog cov tshuaj statin

Txawm tias qhov tshuaj red yeast rice yuav txo tau qhov ntshav muaj roj zoo los, qhov tshuaj tseem tsis tau pom muaj kev nyab xeeb thiab pab tau zoo. Vim muaj ntau cov tshuaj red yeast rice ua hauj lwm ib yam li cov tshuaj statin, lub hwm tsam kev fab tshuaj los muaj ntsis zoo ib yam. Dhau li no lawm kuj muaj kev hnyav siab tias ntshe qhov tshuaj yuav tsis huv vim tsis muaj ntawv lo qhia txog cov feem xyuam muab coj los sib tov.

Txawm tias cov tshuaj kho mob uas tsis muaj ntawv yuav tuaj yeem tswj tau cov kab uas kho zoo tsis tu qab los, cov tshuaj kho mob no nkaus xwb yuav hloov tsis tau kev kho mob thiab cov kev hloov pauv kev ua neej.

# TRUTH

**Kev siv tshuaj statin, ua ke nrog rau qhov kev ua neej nyob yam uas muaj kev noj qab nyob zoo, tuaj yeem txo tau qhov kev pheej hmoo muaj mob plawv nres thiab mob hlab ntshav plawv txhaws**



Ntau cov kev tawm tswv yim xws li kev noj yam khoom noj txhawm rau kev noj qab nyob zoo, kev siv lub cev ua ub ua no kom ntau ntiv thiab kev noj koj cov tshuaj kho mob raws li tau qhia yuav yog qhov tseem ceeb rau kev pab koj kho thiab txhim kho koj li kev noj qab haus huv. Kev noj qhov tshuaj statin tuaj yeem txo tau koj li kev pheej hmoo muaj mob hlab ntshav plawv txhaws los sis plawv nres ntiv, uas pab ua rau koj los nyob ua lub neej muaj kev noj qab nyob zoo zog ntiv txhawm rau kom koj muaj lub sij hawm ntau ntiv los ua tej yam uas koj nyiam.

**Yog tias koj muaj lus nug, thov txuas lus rau  
Nev Vawj Kev Noj Qab Hauv tus kws tshuaj  
los ntawm kev hu rau 888-665-1246  
(TTY 800-947-3529) hnuv Monday-Friday thaum  
8 teev sawv ntov txog 5 teev tsaus ntuj los sis  
sau email rau [pharmacist@networkhealth.com](mailto:pharmacist@networkhealth.com).**



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- <sup>9</sup> Rosenson RS. Statins: Actions, side effects, and administration. In: Freeman MW, ed. Waltham, Mass: UpToDate; 2018. Accessed June 29, 2018
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