

Indication for statin

Indication: NCD registered patients with

- ❖ Documented past medical history of cardiovascular disease (TIA, Stroke, Myocardial Infarction, Congestive Heart Failure, Angina, or Peripheral vascular Disease)
- ❖ Patients with both Hypertension and Diabetes
- ❖ Patients with Hypertension and CKD
- ❖ Patients with hypertension or diabetes with CVD >20%

Monitoring

- ❖ Baseline ALT (do not prescribe if it is >3 times normal)
- ❖ Check new onset of muscle pain on follow-up. If rhabdomyolysis is suspected, stop statins.

Drugs and dosing

- ❖ Atorvastatin: Initial starting dose – 20mg Hs
- ❖ If the patient is taking protease inhibitors (PI), start at 10mg dose and recheck ALT before increasing.
- ❖ Simvastatin: Is contraindicated with protease inhibitors

Indication for Antiplatelet therapy

- ❖ Aspirin 75 mg daily should be given only if the patient has a history of cardiovascular disease, TIA, Stroke, Myocardial Infarction, Congestive Heart Failure, Angina, or Peripheral vascular disease
- ❖ Stop aspirin if the Creatinine Clearance falls below 30ml/min.

Indications, Contraindications, Side Effects, and Dosage of CVD protective drugs					
Drug	Indications	Contraindications	Side-effects	Dose	Comments

Aspirin	Cardiovascular risk prevention	Cr Cl <30 PMH of gastric hemorrhage	Gastritis GI hemorrhage	75mg once daily	Consider co-prescription of omeprazole in patients over 65, or if symptoms of gastric irritation
Atorvastatin	Cardiovascular risk prevention	Cr Cl <30	Muscle aches Rhabdomyolysis	20 mg at bedtime	Start with 10mg if the patient is on PI