Statins: “State-of-the-Art Treatment” for Stubborn High Cholesterol

—Norman Vincent Peale

(NAPSA)—Like many Americans, 25-year-old Geoff Capes has a family history of high cholesterol—his father and siblings all suffer from it. No matter how much he exercises or how closely he watches his diet, his total cholesterol levels won’t budge without the help of medication.

For teenagers who are predisposed to high cholesterol (usually due to a family history), the class of drugs known as statinas has proven to be remarkably effective at lowering cholesterol, as well as remarkably safe. When added to diet, a daily dose of 10 milligrams of Crestor (rosuvastatin calcium) has not been determined to cause any harmful effects on children. It can also be obtained by calling 1-800-236-9933 or by visiting www.crestor.com.

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Last year, Gregory was prescribed Crestor 10 milligrams and quickly started seeing results. “Not only did the lowest dose of the drug reduce my total cholesterol to an impressive 130, but it also raised my HDL with no side effects.”

Contrary to popular belief, drugs can revolutionize the treatment of high cholesterol, these medications may not be right for everyone. It is important for patients to work with a physician to determine if the potential benefits of the medication far outweigh any possible side effects. Unlike Capes, not everyone who is predisposed to high cholesterol is a candidate because, for a family history of heart disease can sometimes be a clue. Gregory Ogden’s father died of a heart attack, so when he was diagnosed with high cholesterol six years ago, he knew he too was at risk for the disease.

During a visit with his physician, Ogden learned his LDL cholesterol level was an alarming 220. His LDL cholesterol was very high and his HDL was also in need of improvement. Over the years, Gregory Ogden has described some of the leading cholesterol-lowering medications available. Although these drugs lowered his LDL cholesterol, neither improved his HDL, even at higher doses.

To help parents take an active role in making sure their children are healthy, six statin medications are currently available, letting physicians prescribe the statin and the dose that is most effective for each patient. Statins can cut levels of LDL cholesterol—the so-called “bad” cholesterol. Statin therapy, dramatically, just as Crestr did for Geoff Capes. They also lower total cholesterol and triglycerides. Statins can toughen and make strong.

The good news is that there is a lot you can do. Deep reds and pizzazz, even with limited time prep. Simply mix, marinate, roll up chicken breast, then bake. Distinctively nutty, creamy cashew sauce gives this adaptable main course an extra kick and mellowes the filling, providing a pleasing contrast. Toss a fresh green salad and dinner is done—then graciously accept those compliments.

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Crestor (rosuvastatin calcium) is a prescription medication used along with diet for use in lowering high cholesterol. In clinical studies, it was generally well tolerated. The most common side effects are muscle pain, constipation, weakness, stomach pain and nausea. These are usually mild and tend to go away. Your doctor will do blood tests before and during treatment with Crestor to monitor your liver function. Tell your doctor if you are taking any medications, including cyclophosphamide, warfarin, gemfibrozil or antacids. Crestor is not right for everyone, including women who are nursing, pregnant, or who may become pregnant or anyone with liver problems. Unexplained muscle pain and weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. Crestor has not been determined to prevent heart disease, heart attacks or strokes.

Full prescribing and product information for Crestor is available by calling the AstraZeneca information center at 1-800-236-9933 or by visiting www.crestor.com.

Spice Up Special Menus With A Touch Of The Exotic

(Jarlsberg cheese adds nutty, creamy flavor to this streamlined version of Chicken Tandoori)

In bowl, add chicken, turning to coat evenly. Marinate in refriger- ator 2 hours or overnight.

Place chicken on oil-sprayed pan and broil 10–12 inches from heat source, 12–15 minutes (or until done), turn- ing after 5 minutes. OR take a tip from the chefs and put a bit of oil in baking pan and heat first on stove top, then bake 20–30 minutes in 425° oven.

Serve with white and yellow rice, baguette with brown crumbs and cheese. Divide mixture, spreading ¼ on each breast. Roll up from pointed end and secure with toothpicks.

Brine the outside in: Fresh flowers or seasonal plants are one of the easiest ways to adorn your home for the holidays and make your home smell great by placing activ expres-

Mint full the medicine cabinet for your guests’ brushing pleasure.

Let me entertain you: Entertaining is one of life’s great pleasures; from decorating the house to waiting for guests to arrive, you hope your event will be the topic of conversation for months to come. Whether you are having a close gathering of friends and family or a big holiday bash, make sure all rooms that your guests will have access to are clean and well stocked with necessities. Have snacks and drinks readily available, leave water by the side of the bed in your guest room, and be sure to put enough guest towels, soap and toilet paper in your guest bathroom. Sounds basic, but many people forget.

Make it personal: Give your guests something to talk about by adding a signature dish or drink to your menu. To make a minty hol- iday dessert, throw a candy cane into the blender with milk and ice cream or frozen yogurt. Or add some zest to your standard martini- nis with vanilla-flavored vodka—the cocktail of the moment.