

## Cholesterol Medications

### LDL Lowering Medications

Class / Action	Generic / Trade Name	Usual Daily Dose Range	LDL % Lowering	Considerations
<b>“Statins”</b> HMG- CoA Reductase Inhibitors  Inhibits enzyme that converts HMG-CoA to mevalonate - limits cholesterol production	Atorvastatin / Lipitor*	10 – 80 mg	20- 60	Lowers TGs 7-30% Raise HDL 5-15% Take at night. <b>Side effects:</b> weakness, muscle pain, elevated glucose levels. Review package insert for specific dosing adjustments based on drug, food interactions (ie grapefruit).
	Fluvastatin / Lescol* Lescol XL	20 – 80 mg 80 mg	20- 35	
	Lovastatin* Mevacor Altoprev XL	20 - 80 mg 10 - 60 mg	20- 45	
	Pravastatin / Pravachol*	10 - 80 mg	20- 45	
	Rosuvastatin / Crestor	5 – 40 mg	20- 60	
	Simvastatin / Zocor*	20 – 80 mg	20- 55	
	Pitavastatin / Livalo	2 – 4 mg		
Bile Acid Sequestrants <b>Action:</b> Bind to bile acids in intestine, decreasing cholesterol production. Secondary action – raise HDL	Cholestyramine/ Questran*	4 to 16 g per day powder – 1 scoop 4g	Lower LDL by 15-30%	May raise TG levels. Raise HDL 3-5%.  Avoid taking in same timeframe w/ other meds – may affect absorption (see package insert). Side effects: GI in nature
	Colesevelam / Welchol <b>Lowers A1c 0.5%</b>	3.75 x 1 daily 1.875 x 2 daily (625mg tablets)		
	Colestipol / Colestid	2 - 16 gms per day tabs Powder – 1 scoop = 5g 5 to 20 gm per day Mix w/ fluid		
Cholesterol Absorption Inhibitors	Ezetimibe / Zetia	10 mg – 1x daily	15-20%	Usually used in combo w/statin. Headache, rash.
Plant Stenols	Benecol	3 servings daily	14%	Well tolerated
Plant Sterols	Take Control	2 servings daily	17%	

### Triglyceride Lowering / HDL Raising Medications

If TG > 500, lower TG first, then reduce LDL.

Class / Action	Generic / Trade	Usual Daily Dose Range	Lowers TG	Considerations
<b>Fibrates or Fibric Acids</b> Reduces liver lipogenesis	Fenofibrate/ Tricor Multiple brand formulations	48-145 mg 1x daily Please refer to individual package insert for dosing	<b>20-50%</b>	Lowers LDL 5-20% Raise HDL 10-20% GI side effects, myopathy Avoid w/ severe renal or hepatic disease
	Gemfibrozil / Lopid*	600mg 2x daily		
<b>Nicotinic Acid</b> Raise HDL/Lower TG Inhibits mobilization of free fatty acid	Niacin (immediate release)*	1.5- 3 gms	20-50%	Raise HDL 15-35% Flushing, hyperglycemia, hepatotoxicity – monitor liver enzymes. Can take w/aspirin to < flushing
	NiaSpan (extended release) Niacin (sustained release)	1-2 gms		
<b>Omega 3 Fatty Acid</b>	Omega 3 Acid/ Lovaza	4 gm a day	45%	Raise HDL 9% - Primary use for TG > 500

### Combination Medications

<b>Vytorin</b>	Zetia + Simvastatin	Observe precautions of each component drug
<b>Juvisync</b>	discontinued	

\*indicates medication is available in generic form.

## Antihypertensive Medications

**ACE and ARBs are preferred therapy for diabetes with hypertension and albuminuria** – If B/P not at goal with either of these agents, add a diuretic or other class. Do not use during pregnancy or in persons w/ renal or hepatic dysfunction. Start w/ low dose, gradually increase. If one class is not tolerated, the other should be substituted. For those treated with an ACE inhibitor, angiotensin receptor blocker, or diuretic, serum creatinine/estimated glomerular filtration rate and serum potassium levels should be monitored at least annually. ADA Standards CV Disease Risk Management

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<b>ACE Inhibitors</b> Angiotensin Converting Enzyme  <b>Action</b> - Block the conversion of AT-I to AT-II. Also stimulates release of nitric oxide causing vasodilation.	benazepril / Lotensin <sup>†</sup>	10 – 40 mg	1 x a day	Try to take same time each day. Effects seen w/in 1 hr of admin, max effects in 6 hrs.  <b>Side effects:</b> Can cause cough (due to increased bradykinin) – can try different med in same class. Also can cause fatigue, dizziness, hypotension.  <sup>†</sup> These meds are also available as a combo w/ low dose HCTZ (hydrochlorothiazide).  <sup>‡</sup> These meds are also available as a combo w/ CCB (calcium channel blocker) usually amlodipine
	captopril /Capoten* <sup>†</sup>	12.5 - 100 mg	2-3 x a day	
	Enalapril/ Vasotec* <sup>†</sup>	2.5 - 40 mg	1-2 x a day	
	Fosinopil / Monopril <sup>†</sup>	10- 40 mg	1 x a day	
	Lisinopril * <sup>†</sup> Prinivil Zestril	10 – 40 mg 10 - 40 mg		
	Ramipril / Altace* <sup>†</sup>	2.5 – 10 mg		
	Moexipril / Univasc <sup>†</sup>	3.75 - 15 mg		
	Perindopril/Aceon <sup>‡</sup>	2-16 mg		
	Perindopril/ Indapamide combo (Coversyl)	2 - 8 mg 0.625 - 2.5 mg		
	Quinapril /Accupril <sup>†</sup>	5 – 40 mg		
Trandolapril/ Mavik	1.0 – 4 mg			
Trandolapril/ Verapamil combo (TARKA)	1-4 mg 180 to 240 mg			
<b>ARBs -Angiotensin Receptor Blockers</b>  <b>Action</b> -Block AT-I receptor which reduces aldosterone secretion and vasoconstriction	Azilsartan/Edarbi	40 - 80 mg	1 x daily	Try to take same time each day  <b>Side effects-</b> Can cause dizziness, drowsiness, diarrhea, hyperkalemia, hypotension.  <sup>†</sup> These meds are also available as a combo w/ low dose HCTZ (hydrochlorothiazide).  <sup>‡</sup> These meds are also available as a combo w/ CCB (calcium channel blocker) usually amlodipine
	Azilsartan/ Chlorthalidone combo (Edarbyclor)	40 mg 12.5 - 25 mg		
	Candesartan/Atacand <sup>†</sup>	8 – 32 mg		
	Eprosartan/Teveten <sup>†</sup>	400 - 600 mg		
	Irbesartan/ Avapro <sup>†</sup>	75 – 300 mg		
	Losartan / Cozaar* <sup>†</sup>	25 – 100 mg		
	Olmesartan / Benicar <sup>†‡</sup> Tribenzor (triple combo)	20 – 40 mg		
	Telmisartan / Micardis	20 – 80 mg		
Valsartan / Diovan <sup>†‡</sup> Exforge HCT (triple combo)	80 – 320 mg			
Valsartan/ Nebivolol combo (Byvalson)	80 mg 5 mg			

<sup>\*</sup>indicates medication is available in generic form.

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<b>DRIs - Direct Renin Inhibitors -</b>	Aliskiren / Tekturna†	150 – 160 mg	1 x daily	Generally well tolerated. †These meds are also available as a combo w/ low dose HCTZ (hydrochlorothiazide).

**Beta Blockers** are commonly prescribed as an add-on to other B/P meds for people with DM. Beta Blockers are beneficial for persons w/ concurrent cardiac problems and prevention of recurrent MI and heart failure. Caution in DM since Beta Blockers can cause hyperglycemia and mask hypoglycemia induced tachycardia (but do not block hypoglycemia related dizziness and sweating). Monitor B/P, heart rate, lipids and glucose.

<b>Beta Blockers</b> <i>β1- Selective</i> <b>Action:</b> Blockade β1 receptors & reduce cardiac output & kidney renin activation.g	Acebutolol / Sectral*	200 – 800 mg	2 x daily	Side Effects: Usually CNS related including sedation, dizziness, lightheaded .  Watch for bradycardia, hypotension, depression and sexual dysfunction. Check heart rate each visit, adjust dose if HR <50.  Can cause heart block – review package insert for drug-drug interactions. Watch for exercise intolerance. When stopping beta blockers, taper dose gradually. Use cautiously at lowest dose.  †These meds are also available as a combo w/ low dose HCTZ (hydrochlorothiazide).
	Atenolol / Tenormin*	25 – 100 mg	1 x daily	
	Atenolol with Chlorthalidone/ Tenoretic	50 -100 mg 25 mg	1 x daily 1 x daily	
	Betaxolol / Kerlone	5 – 10 mg	2 x daily	
	Bisoprolol/ Zebeta†	2.5 – 10 mg	1 x daily	
	Metoprolol tartate/Lopressor*†	25 – 100 mg		
	Metoprolol succinate / Toprol XL	25 - 100 mg		
<b>Beta Blockers</b> <i>Non Selective</i> <b>Action:</b> Blockades β1 & β2	Nebivolol/Bystolic	5 to 40 mg		
	Nebivolol with Valsartan/ Byvalson	5 mg 80 mg		
	Nadolol / Corgard*	40 - 120 mg	1 x daily	
	Nadolol with Bendroflumethiazide	40-80 mg 5 mg		
	Penbutolol / Levatol	10 - 40 mg	1 x daily	
	Pindolol / Visken	10 – 40 mg	2 x daily	
<b>Combined α- and β- Blockers</b>	Propranolol / Inderal*	40 – 160 mg	2 x daily	
	Inderal LA (extended)	60 – 180 mg	1 x daily	
	Timolol / Blocadren*	10 – 60 mg	2 x daily	
	Corvedilol / Coreg	6.25 – 50 mg	2 x daily	
Coreg CR	20 – 80 mg	1 x daily	Same precautions as beta blockers.	
Labetalol / Normodyne*	100 – 2400 mg	2 x daily		

**Diuretics** are often used as adjunct therapy. Obtain baseline B/P, electrolytes, uric acid, glucose and lipids prior to starting and periodically. May require supplementation w/ magnesium and potassium.

Class / Action	Generic / Trade Name	Usual Daily Dose Range	Considerations
<b>Thiazide Diuretics</b> <b>Action:</b> cause diuresis and decrease vascular resistance. (Many meds combined with this class)	<b>Hydrochlorothiazide (HCTZ)*</b> HydroDIURIL Microzide	12.5 – 25 mg Most frequently prescribed	1 x daily in am with or w/out food <b>Side effects:</b> lyte imbalances; hypokalemia, hypomagnesemia, hyperuricemia, hyperglycemia, hyperlipidemia and hyper/hypocalcemia. S/S include muscle cramps, fatigue, dizziness and cardiac arrhythmias .
	Chlorthalidone / Clorpres*	12.5 – 25 mg	
	Metolazone / Zaroxolyn*	2.5 – 20 mg	
	Indapamide / Lozol*	1.2 – 2.5 mg	
Class / Action	Generic / Trade Name	Usual Daily	Considerations

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