



# The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs

*Barbara H. Roberts*

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## **The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Dru** Barbara H. Roberts **COULD STATIN DRUGS ACTUALLY HARM YOU?**

Despite the rosy picture painted in the ads of a miracle cure for high cholesterol and its attendant heart disease, the reality of taking statins may be far less pretty. Dr. Barbara H. Roberts, director of the Women's Cardiac Center at the Miriam Hospital in Rhode Island, discusses both the benefits and health risks of these popular drugs in this comprehensive guide that finally reveals the questionable science behind the research studies. This honest, patient-friendly appraisal of the most widely used medications in the world may shock you, but it may also save your life.

Offering clear-cut, easy-to-understand information in an easily accessible fashion, Dr. Roberts explains how to take the best possible care of your heart, including:

- \* The keys to maintaining cardiovascular well-being
- \* How to interpret your cholesterol numbers
- \* The frightening adverse effects of popular drugs

It is time to take charge of your heart health. Learn the facts behind the hype so that you can make informed decisions on a subject vital to your continued health. If you or someone you love either takes a statin or is considering doing so, you need to read this book.

Includes recipes for a delicious and heart-healthy diet, including Wasabi-Roasted Salmon, Pasta with Avocado Sauce, and Lemon-Pineapple Breakfast Muffins.

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