

FRANÇÉS
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PORTUGUÉS
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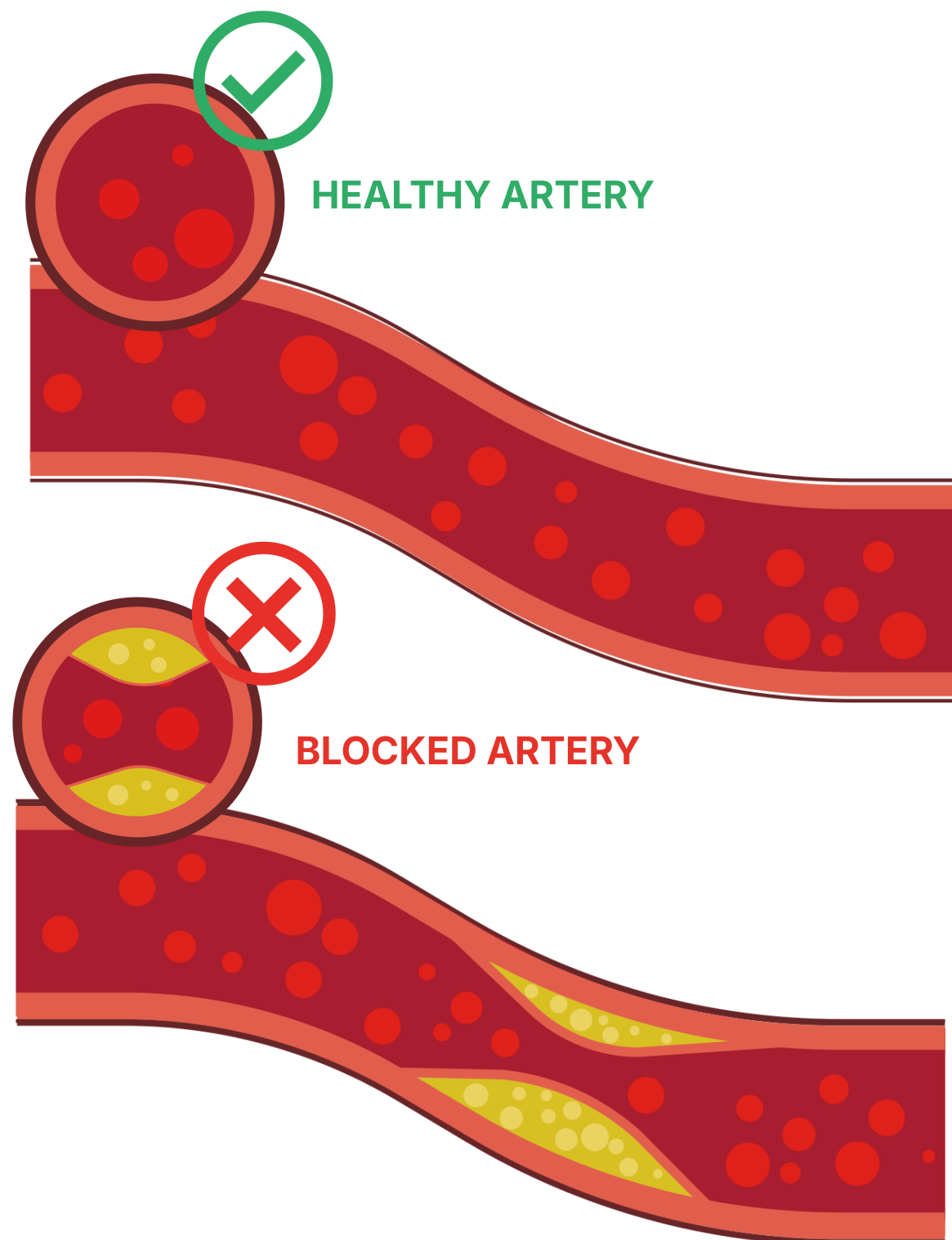
ENGLISH

VH

EDITION 2025

InfoVHtal

INFORMACIÓN BÁSICA SOBRE EL VIH



Statins and HIV

gt grupo de
trabajo sobre
tratamientos del VIH
ENTIDAD DECLARADA DE
UTILIDAD PÚBLICA
ONG DE DESARROLLO



VH

Statins and HIV

Cholesterol levels are important, particularly in older people with HIV.
Cholesterol levels that are too high can lead to heart and blood circulation problems.

- 01 People with HIV should pay special attention to this aspect of their health**
- 02 The following lifestyle habits help to maintain healthy cholesterol levels**
- 03 Remember**



01

People with HIV should pay special attention to this aspect of their health.

You should therefore have regular blood tests to check your blood cholesterol levels.

02

The following lifestyle habits help to maintain healthy cholesterol levels:



A healthy diet



Doing regular physical exercise



Reducing or eliminating alcohol and tobacco use



Keeping to a healthy weight

Nonetheless...



1

Nonetheless, **age, the HIV virus, or antiretroviral medication** can make **it hard to lower cholesterol** simply through lifestyle.

2

To reduce cholesterol, **it may therefore be necessary to take medication** known as statins.

3

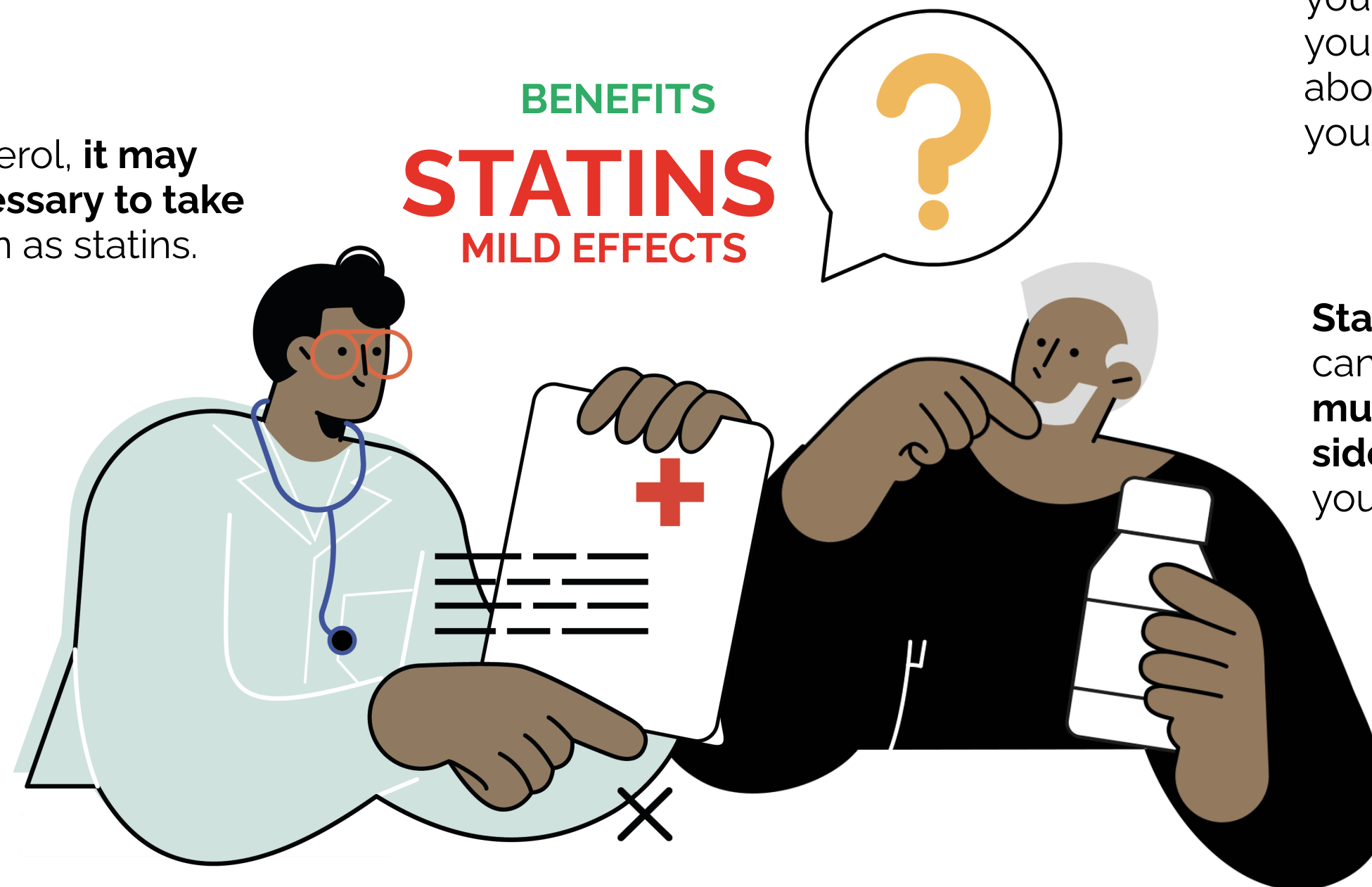
Several studies have shown that statins can be highly beneficial for people with HIV. **Some countries recommend that everyone with HIV over the age of 40 should take them.**

4

A lot of people do not like the idea of having to take more pills. However, if you have HIV and are over 40 years old, you should talk to your healthcare team about whether this is a good option for you.

5

Statins are generally safe. They can, however, **sometimes cause muscle discomfort or other mild side effects.** Consult your doctor if you notice anything unusual.



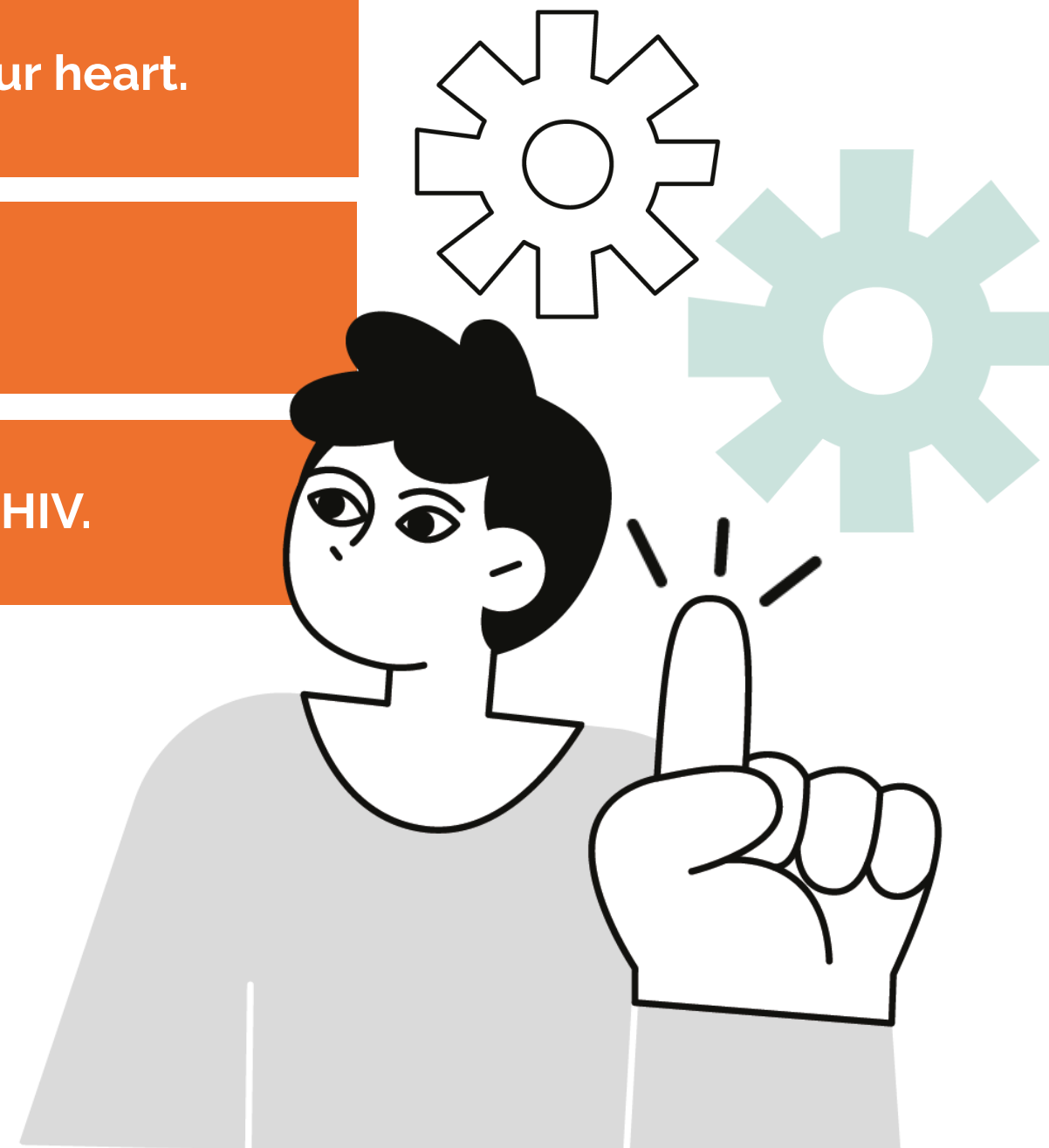
03

Remember

Watching your cholesterol means taking care of your heart.

Cardiovascular health is also part of HIV care.

Statins may be a good option for older people with HIV.





Descargo de responsabilidad

La información contenida en esta ficha no pretende sustituir la recibida por el médico. Las decisiones referentes a la salud siempre deberían tomarse tras consultar con los profesionales sanitarios.

La información médica puede quedar desactualizada con rapidez. Si te surge alguna pregunta tras leer esta ficha, te aconsejamos hablar con tu médico o enfermera o llamar a gTt-VIH, al 93 458 26 41, para comprobar si existe alguna novedad relevante al respecto.

SUBVENCIONA



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OTROS FINES DE INTERÉS SOCIAL



Àrea d'Igualtat
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