

Reasons for Nonadherence to Statin Therapy and Suggestions for Improving Adherence

Reasons for Nonadherence	Suggestions to Improve Adherence
Concerns/experiences with adverse effects <ul style="list-style-type: none">• Immediate problems with adverse effects (eg, nausea)• Concerns about long-term effects and/or use• Concerns about risks of medications in general• Preference for alternative treatment (eg, lifestyle change or herbal medicines)	Provide additional/more detailed information about statins <ul style="list-style-type: none">• Allow more time to discuss medication with clinician• Provide more information about why statins were prescribed and benefits/risks• Provide written information and/or classes about risks, adverse effects, and dosing• Advise about possible drug interactions• Provide information about or recommend alternative approaches first
Uncertainty about benefits/importance of statin therapy <ul style="list-style-type: none">• Believe statins are unnecessary for good health• Uncertainty about continuing treatment due to lack of clinician follow-up• Distrusted clinician's instructions	Improve follow-up after initial prescription <ul style="list-style-type: none">• Provide follow-up reminders (eg, mailing)• Provide follow-up by clinician
Lack of convenience <ul style="list-style-type: none">• Inconvenient to have laboratory testing done• Inconvenient to take medication• Disliked waiting at pharmacy for prescription to be filled• Forgot to take medication	Improve convenience <ul style="list-style-type: none">• Fewer daily doses of medication• Use pill reminder boxes• Mail medication to patient• Provide e-prescriptions• Improve access to healthcare
Other reasons <ul style="list-style-type: none">• Instructed to not drink grapefruit juice• Too ill to take medication• Preferred not to take generic statin	<ul style="list-style-type: none">• Inform about risks of drinking grapefruit juice while taking statins

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