

Should Statins, be taken in the Evening?

This question stems from the fact that most of your body's cholesterol is produced in the evening hours. This is true, but the answer to this question depends more on the properties of the drug rather than your body. The statins *Zocor*® (simvastatin) and *Mevacor*® (lovastatin) would be better suited taken in the evening; however, if compliance is an issue taking the drug at night, it is much more important to remember to take the drug rather than trying to take it at night and forgetting. The other statins *Lipitor*®, *Pravachol*®, and *Crestor*® have such a long half-life it does not matter what time of day the drug is taken. The most important take home message is to remember to take your drug no matter what time you take it. Forgetting it offers no benefit! Come into Homer Drug Co. or Tiger Town Pharmacy and talk with our pharmacists today if you have questions about your cholesterol medication.