

## **Statin Therapy Is Recommended for Patients with Cardiovascular Disease and Diabetes**

Statin therapy is recommended to prevent cardiovascular disease in people with diabetes, according to the [American Diabetes Association](#). It's also recommended to treat cardiovascular disease in adults with established clinical atherosclerotic cardiovascular disease, according to the [American Heart Association](#). According to **guidelines on statin therapy** from the ADA and AHA:

- Men ages 21-75 and women 40-75 with clinical ASCVD should be dispensed at least one high-or moderate-intensity statin medication.
- Adults ages 40-75 with diabetes who don't have clinical ASCVD should be dispensed at least one moderate-intensity statin medication.
- All patients prescribed statin therapy should remain on prescribed statin medications for at least 80% of their treatment period.

We track the National Committee for Quality Assurance quality measures [Statin Therapy for Patients with Cardiovascular Disease and Statin Therapy for Patients with Diabetes](#). To close gaps in our members' care related to these measures, **consider these tips**:

- Discuss lifestyle changes with our members to lower serum cholesterol. These can include exercise, adequate sleep and good nutrition, as well as stopping smoking and substance use. We've created [resources that may help](#). When diet and exercise aren't enough, statins may be needed to achieve lower cholesterol levels and reduce the risk of heart disease.
- Emphasize the importance of staying on statin medication to our members. Educate them on the proper dose and frequency. Consider converting their medication to a 90-day supply through mail order or a retail pharmacy to encourage adherence.
- Discuss common side effects of statin use and what to do if our member has problems with the medication. Remind our members to contact you if they think they're experiencing side effects.
- Review our member's medication profile to confirm statin use history at follow-ups. Clearly document any diagnosis indicating an intolerance to statin therapy and any drug interactions with current medications.

See our [clinical practice guidelines](#) and [preventive care guidelines](#) for more information.

### **More resources for Medicaid providers**

- [ImmTrac2](#) Texas Immunization Registry
- [Quality Improvement Toolkit and Tip Sheets](#) for Medicaid providers
- [Texas Health Steps](#) for Medicaid providers

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