



Healthy Lifestyle Measures

- Diet (Mediterranean, DASH, vegetarian)
- Exercise (150 minutes per week moderate intensity)
- Tobacco cessation
- Stress management and mental health
- Sleep (6-8 hours)

Statin intensity and doses	
High	Moderate
Atorvastatin 40-80mg Rosuvastatin 20-40mg	Atorvastatin 10-20mg Rosuvastatin 5-10mg Simvastatin 20-40mg Pravastatin 40-80mg

This guideline is designed for the general use of most patients but may need to be adapted to meet the special needs of a specific patient as determined by the medical practitioner.
 Approved by Clinical Guideline Committee 3/11/24.
 Click [here](#) to see the supplemental resources for this guideline.
 If comments about this guideline, please contact clinical_guidelines@ykhc.org