



Bayside Medical Group, Inc.

www.BaysideFamilyPractice.com

FAMILY PRACTICE
NIACIN FOR CHOLESTEROL

Niacin (Vitamin B3) Therapy for Elevated Cholesterol

Niacin is one of the medicines in our toolbox to improve cholesterol. It is especially effective in increasing your HDL (good cholesterol.) This is critically important because low HDL is the cholesterol abnormality with the highest association with heart attack and stroke. Niacin also has some ability to decrease triglycerides.



Niacin can be a little difficult to take because it causes flushing, an unpleasant feeling like a burning in the face and body. Therefore, here is how you start the niacin and gradually build up the dose when we recommend it to you:

- **Start with 100 mg tablets**
- **Take one daily for 3 days**
- **Then take one 3 times daily for 3 days**
- **Then increase by 1 tablet every three days until you are taking 1500 mg daily.**
- **You can substitute one 500 mg tablet for five 100 mg tablets as you increase the dosage.**

If you are taking a dose of niacin and you still find yourself flushing, do not increase the dose further until the flushing decreases.

Another approach is to try a form of niacin that is time-released, and thus minimizes the flushing.

Yet another approach is to take one or two enteric-coated aspirin tablets 30 minutes before each dose.

Feel free to call us for advice as you are trying to build up your niacin dose.

We pledge not only to care for you, but to care about you.