Side effects of statins (if no presenting problem why take?)
https://www.verywellhealth.com/side-effects-of-statins-8633448

This following research shows “high cholesterol” is a marker for better immune system:

https://www.sciencedirect.com/science/article/abs/pii/S0090122997943828

This following research shows that Cholesterol is a required component in Myelin formation

https://www.researchgate.net/publication/49857008_Cholesterol_A_Novel_Regulatory_Role_in_Myelin_Formation

This research shows that alzheimers disease IS disruption of myelin formation:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7069444/

Therefore, lowering cholesterol would be expected to increase Alzheimer risk. This is observed: as Statins use has increased, also Alzheimer incidence has increased.

The following research review shows that “high cholesterol” is not a marker for early death, and in many cases those with so-called “high levels” live LONGER.

https://bmjopen.bmj.com/content/6/6/e010401.full

Here is an article talking about research where there is no/little positive outcome in lowering cholesterol intake (it's required for brain health, the brain consumes 25% of cholesterol and is “made of” cholesterol) Most of your cholesterol is MADE BY YOU in the liver. It is VITAL for the production of vitamin D, which is itself a critical nutrient for health. Statins can cripple your ability to self-produce vitamin D (in the sun). Dietary changes are positive due to trigliceride lowering not cholesterol.

https://www.peoplespharmacy.com/articles/do-statins-save-lives-doctors-dont-agree

The following is an review of current literature “LDL-C does not cause cardiovascular disease”

https://www.tandfonline.com/doi/full/10.1080/17512433.2018.1519391

The following research shows that it is not cholesterol per-se that is bad, but the RATIO of cholesterol to Triglycerides in the blood. They do not check this ratio, they only check cholesterol levels against an arbitrary standard.

https://www.researchgate.net/profile/Mitra-Darbandi/publication/351048982_TriglycerideHigh-Density_Lipoprotein_Cholesterol_Ratio_A_Clue_to_Metabolic_Syndrome_Insulin_Resistance_and_Severe_Atherosclerosis/links/60811e29881fa114b41b8a5b/Triglyceride-High-Density-Lipoprotein-Cholesterol-Ratio-A-Clue-to-Metabolic-Syndrome-Insulin-Resistance-and-Severe-Atherosclerosis.pdf

Commentary: Statins are a money making drug, they do lower cholesterol. However cholesterol is a vital nutrient for the brain and required in hormone production (testosterone/vitD). Most of it is produced by the body, what you eat has little effect (but does on triglycerides) the body does not produce toxins. There are no one-size fits all levels you should have. Everyone is different. As use of statins has increased so has the known side effects of low cholesterol (altzheimers/dementia).