

Lipitor Massive Heart Attack, Lipitor Therapy, Crestor, Triglycerides, Multi Vitamin

Posted over a year ago

I'm a 52 yr old male who had a massive heart attack 14 months ago. I ended up with 3 stents. In the hospital, I was told I was probably one of the healthiest people they had seen with come through there in my condition. All my numbers were good, except for the triglycerides. Over the top.

So, anyways, we start a lipitor therapy. Within 6 months, I needed help to get up from a kneeling position. I had aches in my chest, abdomen, knees, the bottom of my feet hurt, I would wake in the middle of the night with a pain shooting up and down my legs. Up until that time, (I work in a large shop) concerned co-workers ask I how was doing and the topic of lipitor would come up.

This is when I started noticing the common underlying theme of aches and pains. Someone always knew somebody that was taking lipitor. Finally, the day I had to be helped up at work, I said that was enough. I was sure the lipitor was the problem. I stopped the lipitor and all the symptoms went away within a couple weeks.

My doctor had a fit when at my next visit I told him I wasn't taking that crap drug anymore. So, my next test was Kozar, I had the same problems.

Today I'm on crestor, (almost sounds like I'm sucking toothpaste) they are 10mg tabs, but I still whack 'em in half and so I can tolerate the symptoms. These side effects are not near as bad as the lipitor was.

I also found out, and I don't know why, but I started taking a multi-vitamin tab every other day (only cause I'm allergic to those too) but, something in them seems to counteract against the side effects of stain drug. I felt super good for about 3 weeks on the one-a-days until the allergy's kicked in and I backed off on them.

But, in closing, after reading many of the postings, it still comes down to that doctor will not know everything that is going on in your body, the doctor probably will not spend anymore time on you than your 15 minute visit. It is up to you to research what options are available and use them.

I researched what triglycerides were and how to control them. I quit smoking and started daily exercising. I adjusted my diet. My recent tests show that so far the lifestyle change is working. My heart is stronger, my tubes a little cleaner.

Those crappy statin drugs are not a cure all pill of the day, but they do help. The more you change your habits, the less dosage you should need.

So, if you didn't anything out of my rambling, sorry, but at least take my one advice and get off that Lipitor.

Billy