

# Lowering cholesterol with statin drugs

---

**Muscle damage.** The heart is a large muscle

*Rhabdomyolysis is a serious syndrome due to a direct or indirect muscle injury. It results from the **death of muscle fibers** and release of their contents into the bloodstream as the enzyme creatine kinase (CK), and the proteins troponin 1 (TP1) and troponin T (TnT), and is a blood test showing a previous **heart attack**.*

Advisory: The FDA; *New warning for statin drug*

- Rhabdomyolysis is a rare but well known side effect of all statins.
- Various types of **kidney failure** also have been reported in patients treated with Crestor, as well as other statins.

Advisory: Health Canada; *important safety information on statins*

- These include Lipitor, Zocor, Mevecor, Lescol and Lescol SL, Pravachol and Crestor.
- A greater risk of developing **muscle-related problems**,
- Including a serious condition called rhabdomyolysis (serious muscle damage).

---

**Diabetes** is a risk factor for cardio-vascular disease.

Warning: Los Angeles Times

**Statin raise the risk of type 2 diabetes**

- Cholesterol lowering medications -- statins
- marketed under such names as Zocor, Lipitor, Pravachol and Crestor

---

## Mood Disorder

Warning: Centre for Cellular and Molecular Biology (CCMB)

Statin consumption could lead to **anxiety**

- anxiety and **major depression** are apparent with long term administration of statins
- low cholesterol is found in **mood disorders**

---

## Cancer

Commentary: The statin - low cholesterol - cancer conundrum

- Searching Pubmed with the words 'cancer AND cholesterol' we identified nine cohort studies including more than 140,000 individuals, and we find;
- 1 year statin therapy: obvious difference in cancer.
- 4 year statin therapy: statistically significant increase in cancer.
- 6 year statin therapy: **three fold increase in all forms of cancer**.
- Statins are neither mutagenic nor genotoxic.
- The reason may be the disruption of immune system function.

-----  
Belief is a vice. Pain and suffering may or may not challenge a vice. -- Bryon