

Statin Dangers: This Cholesterol-lowering Fad Has 7 Side Effects That Can Imperil your Life

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By Jeff Popick

High cholesterol and heart disease kill 1,000,000 Americans every year. That's why your doctor might be telling you to take some form of cholesterol-lowering drugs, the class of drug typically known as statins. While statins do lower cholesterol, they seem to come with a minefield of severe side effects, some of them permanent. You must know what the side effects are so that you can make a proper decision on how to achieve health; after all, it's your life.

1. Cancer. Research is showing statins to be carcinogenic in experimental animals in similar dosages as those given to patients. Some studies are showing a disturbing increase in breast cancer, though there seems to be a lag time of a decade or more between exposure to the drug and clinical detection of the disease.
2. Kidney Failure. Statins have been shown to cause rhabdomyolysis. This is a condition in which there is a breakdown of skeletal muscle, which can result in acute renal failure due to the accumulation of muscle breakdown products in the bloodstream.
3. Heart Failure. Though it may seem to be a paradox, since taking statins is supposedly for heart-health, but studies are showing an increase in congestive heart failure in people taking statins. One report states that a cardiologist studied 20 patients with normal heart function. After six months on a low dose of statins, two-thirds of the patients had abnormalities in the heart's filling phase, when the muscle fills with blood.
4. Liver Dysfunction. Even the drug companies own advertisements acknowledge this!
5. Memory Loss and Cognitive Impairment. Search the web and you'll find countless reports of people taking statins and then suffering from mild to severe memory loss and cognitive impairment. One doctor has found that 15 percent of statin patients develop some side effects pertaining to cognitive function. Duane Graveline, a former astronaut, has written a book, *Lipitor: Thief of Memory*, in which he describes incidents of complete loss of memory known as "global transient amnesia," in which the sufferer can suddenly forget their own name, where they are, or anything else for that matter. The episode can occur suddenly and disappear just as suddenly. Graveline points out that we are all at risk when the general public is taking statins--do you

want to be in an airplane when your pilot develops statin-induced amnesia?

6. Nerve Damage and Numbness. Polyneuropathy, also known as peripheral neuropathy, is characterized by weakness, tingling and pain in the hands and feet as well as difficulty walking. Researchers who studied 500,000 residents of Denmark, about 9 percent of that country's population, found that people who took statins were more likely to develop polyneuropathy. Taking statins for one year raised the risk of nerve damage by about 15 percent--about one case for every 2,200 patients. For those who took statins for two or more years, the additional risk rose to 26 percent. The damage is often irreversible in statin patients, even after they stop taking the drug.

7. Miscellaneous Maladies. There are many reports of other side effects such as depression, pancreatic rot, muscle stiffness and pain, coenzyme Q10 depletion, and the list goes on.

If you have high cholesterol you must get it lowered. But are statins worth the risk? Only you and your doctor can make that decision.