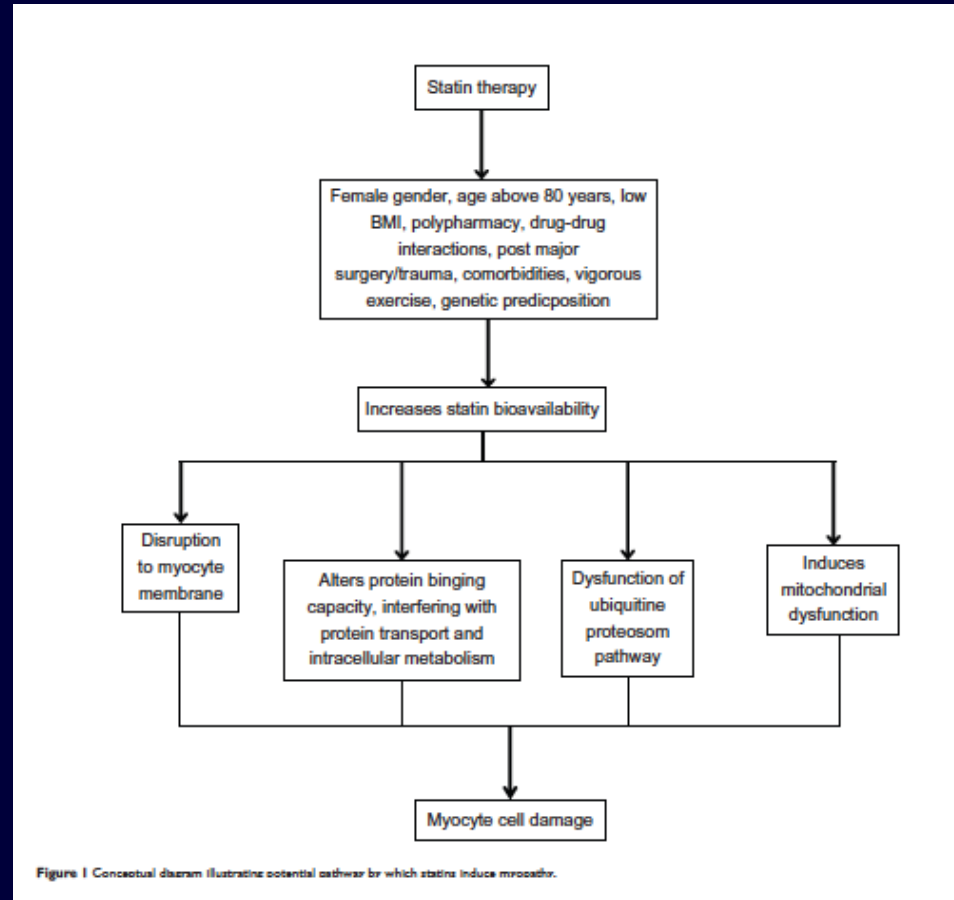


Muscular effects of statins in the elderly female: a review



Bhardwaj S et al, Clin Interv Aging. 2013;8:47-59.

The Population Impact and Cost-Effectiveness of Statins for Primary Prevention in Adults 75 and Older in the United States

Michelle C. Odden, PhD¹, Mark J. Pletcher, MD, MPH², Pamela G. Coxson, PhD³, Divya Thekkethala, B.S.¹, David Guzman, MS³, David Heller, MD³, Lee Goldman, MD, MPH⁴, and Kirsten Bibbins-Domingo, PhD, MD^{2,3}

¹School of Biological and Population Health Sciences, Oregon State University, Corvallis, OR

²Department of Epidemiology and Biostatistics, University of California, San Francisco, CA

³Department of Medicine, University of California, San Francisco, CA

⁴College of Physicians and Surgeons, Columbia University, New York, NY, USA

Unlike previous analyses which showed that a large theoretical adverse effect would be required to counterbalance the cardiovascular benefits in the general population (28), our analysis showed that in older adults even a small adverse effect of statins on functional limitation and mild cognitive impairment could result in net harm. In our simulations, a 10–30% increased risk of these side effects would offset the cardiovascular benefit.

Our results provide strong motivation for further investigations into the incidence of side effects from statins in a diverse group of elders, including those who are frail and have complex comorbidity. Due to the sample size required to identify potential risks in a diverse population, pragmatic trials and improved post-marketing surveillance are the most promising approaches for this goal.

Statins, the evidence : 3 more years (at least) to wait

The Australian STAREE (Statins in Reducing Events In the Elderly) trial of atorvastatin calcium vs placebo in individuals older than 70 years is now in progress, and the results are expected in 2020.

<http://www.staree.org.au>

