

## Statins: A Distant Hope, Thousands Dangers in Near

Majid Malaki\*

Pediatric Nephrologist, Sevome Shaban Hospital Tehran, Iran

\*Corresponding author: Majid Malaki, Pediatric Nephrologist, Sevome Shaban Hospital Tehran, Iran, Tel: 00989123231477; E-mail: madjidmalaki@gmail.com

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### Abstract

Statins a commonly used drug for dyslipidemia, its widely usage can magnify its adverse effects epidemiologically especially when we have to use statins, a costly drug, for a longer time or in higher dose in vulnerable age, in fact dangers of statins can be a tip of iceberg if we evaluate studies about benefits and harms of this group of drugs. We will meet conflict phenomena in statins benefits when we hear about decrease cardiovascular disease risk because of some studies that evaluate benefits of statins ignored statins side effects and most of these studies performed in groups with age lower 65 and over 30 years and they generally extend their efficacy to all age groups of society.

**Keywords:** Statins; Efficacy; Age; Children

### Introduction

Statins a commonly used drug for dyslipidemia, its widely usage can magnify its adverse effects epidemiologically especially when we have to use statins, a costly drug, for a longer time or in higher dose in vulnerable age, in fact dangers of statins can be a tip of iceberg if we evaluate studies about benefits and harms of this group of drugs. We will meet conflict phenomena in statins benefits when we hear about decrease cardiovascular disease risk because of some studies that evaluate benefits of statins ignored statins side effects and most of these studies performed in groups with age lower 65 and over 30 years and they generally extend their efficacy to all age groups of society. one of the first studies published In 1995 it has been shown that Statins decrease hazard risk of cardiovascular events when taking statins regularly for 5 years [1] while recently after 21 years revealed that in those over age 60, LDL-C is not associated with CVD and is inversely correlated with all-cause mortality [2] the common side effects of statins are headache, muscular ache and headache other side effects such as increased creatin phosphokinase >10 times upper limit normal and increased liver function test >3 times upper limit normal obligate us to withhold drug. Diabetes mellitus and renal dysfunction are other well-known side effects of statins therapy that may lead to insidious and fatal acute renal failure following rhabdomyolysis especially after some types of statins such as cerivastatin [3,4]. Association of statins with cancer in prolonged use is another side effects that is not proved or rejected yet [5] The side effects of statins are more diverse and unknown because most clinical trials were done in middle age groups and all focus on primary prevention of atherosclerotic cardiovascular disease while statins efficacy in older and younger age remained

unknown [6]. These side effects are so serious and wide spectrum in younger aged such as children, teenager and young adults that are forbidden in pregnancy and breast feeding may be related to different biologic action of statins based on different age groups who take it. Cholesterol plays important role in growth and development of children, brain development of teenager and younger adults, cholesterol is a part of steroid hormones that play role in sexual process metabolisms and bile salt and all these show safety of a drug in adults should not be addressed to children [7].

### Conclusion

Statins are main drugs for dyslipidemia but their benefits may be shown after 5 years of regular usage but their known side effects are like as iceberg tips when we have to use these for prolong period and high dose in younger or older age groups that will be associated with cumulative dangers that is not reviewed by researcher adequately this truth will bring statins into questioned for such a widely usage, and their harms could be a challenging matter soon unless their usage be limited and guidelines be changed with respect to all negative and positive aspects of statins.

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