

Statins and Cardiovascular Disease: Not as Protective as We're Led to Believe

■ *Challenging their widespread use as a preventive strategy.*

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I am regularly asked about statins by chiropractors whose general medical practitioner tells them they need to be on statins because their total cholesterol is a little over 200 mg/dL. Most DCs generally don't want to take the medication, of course, but get some fear put into them about dying of a heart attack and that statins are protective in that regard.

The widely reported results of the JUPITER trial¹ is what brought "statins for all" to the mainstream consciousness. The question is, how many who

reported on or adhere to the suggestions based on JUPITER have actually read the study? I suspect very few.

Two papers published subsequent to JUPITER challenged the notion that statins should be used as a preventive strategy. de Lorgeril, et al., concluded that "the results of the trial do not support the use of statin treatment for primary prevention of cardiovascular diseases and raise troubling questions concerning the role of commercial sponsors." And Ray, et al., concluded: