

Statins (LIPITOR Crestor, etc,) increase risk of developing type 2 Diabetes

The news about statins keeps getting worse. In a recent "Tips From the Professor: I shared with you the latest studies showing that there **was no convincing evidence that statins decreased the risk of heart attack and stroke** in patients who have not already suffered a first heart attack.

And now a brand new study published in the April 5, 2011 issue of the Journal of the American College of Cardiology (Waters et al, volume 57, pages 1535-1545) shows that **statins may actually increase the risk of developing type 2 diabetes.**

The authors looked at the results of three large randomized clinical trials with a total of 18,859 patients.

An increased risk of developing type 2 diabetes was associated with statin use in all 3 trials. It was dose dependent and was seen with two different statin drugs.

The overall increased risk of developing type 2 diabetes was relatively small - 9% in patients using statin drugs compared to 6% in the placebo group.

But the effect was also highly dependent on pre- existing risk factors for developing type 2 diabetes - namely excess weight, slightly elevated blood sugar, elevated triglycerides and high blood pressure.

In patients with no pre-existing risk factors statins had no effect on risk of developing diabetes. **But, in patients with two or more pre-existing risk factors the use of statins significantly increased the risk.**

And in patients with all four risk factors the use of statins increased the risk of developing type 2 diabetes by 48% compared to 20% in the placebo group!

Like all brand new clinical studies this will need to be confirmed by other studies before it starts to significantly influence medical practice.

But if you are using a statin and you have two or more risk factors for type 2 diabetes you may wish to consult with your physician.

To Your Health!

Dr. Stephen G Chaney