

# Statins

Harvard Medical School:

*“Statins don’t seem to confer the ultimate health benefit – longer life”*



Proto is a publication for health care professionals from the Harvard Medical School. In 2011, a feature article was published called “Change of Heart?” The byline was “WHAT STATINS MIGHT DO FOR YOU: Lower cholesterol // Reduce risk of cardiovascular disease // Cause

muscle pain and fatigue; Fail to significantly prolong your life.”

In 2013 multi-national group reviewing medical literature concluded: “statin therapy has failed to show a clear general effect on the treatment or the prevention of this (Alzheimer’s) disease.”

## Women and Statins

The New York Times article “A New Women’s Issue: Statins,” highlights the research on these drugs did not pertain to women.

The Times stated, “Far too many healthy women are taking statins though research indicates the drugs will do little good and may be more likely to cause serious side effects.

Studies have found that healthy women who took statins did not avoid having their first heart attacks and didn’t save lives.

“Our results contradict the guidelines’ well-established demarcation line (190) between ‘good’ and ‘too high’ levels of cholesterol. Guideline-based advice

regarding CVD

prevention may thus be outdated and misleading, particularly regarding many

women who have cholesterol levels in the range of 190-270.



## Statins Trigger Memory Problems

Cholesterol, thought to be the simple culprit for cardiovascular disease, is now part of a complex picture that possibly overlaps into Alzheimer’s disease, but not as a cause and certainly not as a root cause. As long-term data on the use of cholesterol lowering medications is rolling in there are more and more reported cases with memory and cognition loss. A 2012 New York Times article had the title, “A Heart



Helper May Come at a Price for the Brain: Statins use causes problems with the brain.”

One of our medications is “contraindicated” with statins. If you are on statins and insist on continuing their use, we will not be able to treat you for Alzheimer’s disease.