

Functional/Integrative Medicines' Viewpoint on "That Statin Disaster"

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Statins Actually Stimulate Atherosclerosis, Heart Failure and Cancer

Incredibly, the story gets even worse. Studies have shown that after the years 2004 and 2005 -- a time when penalties were being levied against physicians involved in clinical trials who had conflicts of interest with pharmaceutical companies -- no significant benefits for preventing heart disease were demonstrated from using statins.

In fact, a study by Harumi Okuyama and others found that statins may actually stimulate atherosclerosis and they worsened heart failure by a number of mechanisms.

For example, it is accepted that coronary artery calcification is a major sign of impending heart attack. Statins interfere with the production of functional vitamin K.

Low vitamin K is a major cause of coronary artery calcification.

One study of diabetics comparing high dose statin users versus low dose users found that the higher the dose, the greater the coronary calcification.

Statins inhibit an antioxidant compound in the body called glutathione peroxidase. That worsens atherosclerosis, increases cancer risk, and accelerates frailty in aging.

Additionally, these drugs inhibit the antioxidant enzymes superoxidase dismutase (SOD) and catalase, which may in part explains the link to ALS, because SOD is deficient in people with that disorder.

Interference with these antioxidant enzymes, as is seen with statin use—also increases the risk of heart failure.

One study demonstrated that statins were actually associated with progression of atherosclerotic plaque in coronary arteries.

The fact that statin drugs increase the incidence of diabetes also should be a wakeup call, because we know that diabetes dramatically increases the risk of atherosclerosis, heart attacks, strokes and peripheral vascular disease.

In a study of 50 patients who suffered severe complications associated with statin medications, researchers found that one-fourth were suffering from heart failure. Use of the drug was stopped by all 50 patients who were instead given 250 mgs day of coenzyme Q10 (CoQ10) for two years.

All of the patients' complications improved dramatically and 50 percent of those with heart failure also improved.

Unfortunately, most doctors do not recognize the link between heart failure and statin drugs.

The authors of the last study noted that millions of people have now been taking statin medications for multiple years.

Therefore, it's not surprising when cardiologists say that the U.S. is experiencing an epidemic of heart failure.

If all that's not bad enough, the link between statins and cancer is also being ignored. One study of women who used statins found that the incidence of ductal and lobular breast cancer doubled if they used the drug for at least 10 years.

But of course, because the drugs are powerful immune suppressants, it's no surprise that statins raise cancer rates, as well as increasing cancer proliferation and spread of existing cancers.

Yet incredibly, several researchers have suggested that statins have anticancer effectiveness.

Statin Side Effects Are Being Ignored.

When it comes to side effects, we see the opposite use of statistics. That is, if the side effects are mentioned at all, they never use relative risk statistics.

Known side effects associated with statin use include:

- Muscle Pains

- Profound weakness

- Rhabdomyolysis (death of muscle fibers and release of their contents
into the bloodstream)

- Occult muscle damage

- Cognitive impairment

- Dementia

- Memory Loss

- Increased suicide risk

- ALS-like syndrome

- Mitochondrial damage

- Heart failure

- Cataracts

- Peripheral neuropathy

- Depression

- Interstitial cystitis

- Parkinson's disease

Impotence
Herpes Zoster
Diabetes

If these drugs are taken for prolonged periods, they can result in permanent mitochondrial damage brought about by defects in CoQ10 generation along with the productions of high levels of free radicals and lipid peroxidation products. This explains the side effects related to tissues that have high demands for energy – muscle damage, heart damage, and brain degeneration.

As in so many other cases, physicians tend to dismiss patients' reports of adverse effects from prescription drugs.

This happens both because of fear of lawsuits and because physicians continue to believe essentially fake medical studies that insist statin drugs are safe.

In Dr. Beatrice Golomb's study of 113 people taking statins, only 65 percent reported their adverse symptoms to their doctors.

Of those, half said that their doctors denied any link to the statin drug.

Furthermore, 34 percent of physicians had no opinion at all when asked by their patients if symptoms could be connected to statin use.

One major problem is that far too many practicing physicians neglect to read scientific articles about the drugs they prescribe.

Muscle Damage Is Common

Muscle complaints are the most common side effect of statins.

These can include pain, severe weakness, easy fatigability and in rare instances, rhabdomyolysis, which can be fatal.

While proponents of stain safety claim muscle disorders are rare, the literature says different.

In a study of 22 professional athletes who were taking statins, 77 percent stopped their treatments with the medication because they experienced muscle pain and weakness.

Proponents of stain safety also claim that muscle damage from the drugs is rare, and only seen when blood creatine kinase levels (a measure of muscle damage) are 10 times higher than normal.

Yet in a study in which muscle biopsies were taken from statin users complaining of muscle pains, researchers found pathological signs of muscle damage even though blood creatine kinase levels were perfectly normal.

Unfortunately, some patients are so weakened by the muscle damage from stains that they are no longer able to function, causing some to have to stop working.

In most cases, if use of statins is stopped early, muscle symptoms subside – but not always.

Statins Impair Brain Function

After muscle damage, the next most common side effect of statin use is cognitive damage.

That's because one of the primary effects of statin drugs is that they interfere with metabolic production of the energy molecule COQ10, which utilizes the same metabolic pathways as cholesterol synthesis.

Because statins also interfere with mitochondrial energy function, they dramatically increase sensitivity to excitotoxicity, which would link the drugs to a number of neurodegenerative diseases, including Parkinson's Alzheimer's and ALS.

A study conducted by Dr. Golomb and Marcella Evans included 143 patients with memory loss or other cognitive problems suspected of being related to statin exposure.

The researchers found that about 90 percent of the patients improved when the drug was discontinued.

In another interesting study, 18 older patients suffering from Alzheimer's disease were asked to stop taking their statin drugs.

Within 12 weeks, they improved significantly on a number of cognitive tests. And they relapsed when they started taking statins again, powerful evidence of causation.

Another study found that the fat-insoluble statin brands were more damaging to the nervous system than were the water-soluble forms. These include:

Lipitor (atorvastatin)

Mevacor (lovastatin)

Livalo (pitavastatin)

Zocor (simvastatin)

Lescol (fluvastatin) Increased Risk of Violence, Suicide, Criminal Behavior
And Depression

Increased Risk of Violence Suicide, Criminal Behavior and Depression

In an extensive meta-analysis of several earlier studies, Dr. Matthew Muldoon and his co-workers found a strong link between statin use and deaths from accidents, suicide and violent acts.

It has been noted that criminals – especially violent criminals – generally have lower cholesterol levels than noncriminals.

Dr. Muldoon also found lower cholesterol levels in people with poor impulse control, such as those attempting suicide and individuals with behavioral disorders.

Others have found similar relations to reduced cholesterol and violent acts and other psychiatric conditions. Professor Jay Kaplan and co-workers found that lowering cholesterol levels in monkeys increased their aggression.

On the other hand, it appears that higher cholesterol levels protect against depression, suicide risk, and violent aggression.

One study found that in people with a pre-existing mood disorder who took statins had a risk of suicide that was two and a half times greater than normal.

Peripheral Neuropathy Is A Growing Problem.

Damage to the nerves supplying the arms and legs - a condition called peripheral neuropathy – is a growing problem. It has been shown that taking statins, especially for prolonged periods, increases damage to peripheral nerves.

Studies have reported a 16 times greater incidence of this crippling disorder among people who are taking statin drugs,

And the incidence was 26 times greater if a person used statins for more than two years.

Peripheral neuropathy is characterized by extreme weakness and tingling in the arms and legs, difficulty walking and in some cases radicular pain, which extends to the lower extremities along the spinal nerve root.

Usually, the legs are affected first and most severely, but arms can also be severely affected. The condition tends to worsen over time.

Certainly, this crippling and agonizing disorder is a heavy price to pay to lower your cholesterol – especially now that we know the cholesterol theory was a scam.

It is also interesting to note that statin drugs are metabolized (detoxified) by special enzymes that can be inhibited by common foods, such as grapefruit juice and possibly pomegranate juice.

When these enzymes are inhibited, the drugs accumulate in the blood quite rapidly.

Studies have shown that drinking these juices while taking statin drugs can increase a person's blood levels as much as four times, resulting in highly toxic levels.

Dr. Badanek has been and currently is 38 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151