

Larger study confirms statins' role in preventing cardiac events

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(HealthDay)—A large and unselected community-based study has confirmed the results of randomized controlled trials that have found persistent statin use to be beneficial for the primary prevention of acute cardiac events; the study was published online Sept. 27 in *The American Journal of Cardiology*.

Varda Shalev, M.D., from Tel Aviv University in Israel, and colleagues examined the effectiveness of [statins](#) in primary prevention of acute nonfatal [cardiac events](#) in the community setting. Data were analyzed from a cohort of 171,535 adults aged 45 to 75 years, without cardiovascular disease, who were given statins between 1998 to 2009 in a large health maintenance organization in Israel.

The researchers found that the incidence of acute cardiovascular events during the 993,519 person-years of follow-up was 10.22 per 1,000 person-years. Persistence with statins correlated with significantly reduced risk of incident cardiac events. There was a hazard ratio of 0.58 for the most persistent users (covered with statins for 80 percent or more of their follow-up time) compared with non-persistent users (less than 20 percent of days covered). When the analyses were limited to patients with more than five years of follow-up, the results were similar. Treatment with high efficacy statins correlated with a reduced risk of cardiac events.

"In conclusion, our large and unselected community-based study supports the results of [randomized controlled trials](#) regarding the beneficial effect of statins in the primary prevention of acute cardiac events," the authors write.

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