

High dose statins prevent dementia

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High doses of statins prevent dementia in older people, according to research presented at the ESC Congress today by Dr. Tin-Tse Lin from Taiwan. The study of nearly 58,000 patients found that high potency statins had the strongest protective effects against dementia.

Dr Lin said: "Statins are widely used in the older population to reduce the [risk of cardiovascular disease](#). But recent reports of statin-associated [cognitive impairment](#) have led the US Food and Drug Administration (FDA) to list statin-induced [cognitive changes](#), especially for the older population, in its safety communications."

He added: "Previous studies had considered statin therapy to exert a [beneficial effect](#) on [dementia](#). But few large-scale studies have focused on the impact of statins on new-onset, non-vascular dementia in the [geriatric population](#)."

Accordingly, the current study examined whether statin use was associated with new diagnoses of dementia. The researchers used a random sample of 1 million patients covered by Taiwan's National Health Insurance. From this they identified 57,669 patients aged >65 years who had no history of dementia in 1997 and 1998. The analysis included pre-senile and senile dementia but excluded vascular dementia.

There were 5,516 new diagnoses of dementia during approximately 4.5 years of follow-up. The remaining 52,153 patients aged >65 formed the control group. Subjects were divided into tertiles according to their mean daily equivalent¹ dosage and total (across the entire follow up period)

equivalent dosage.

The adjusted hazard ratios (HRs) for dementia were significantly inversely associated with increased daily or total equivalent statin dosage. The HRs for the three tertiles of mean equivalent daily dosage (lowest to highest) were 0.622, 0.697 and 0.419 vs control (p

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