

# Statins prevent cataracts

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Statins lower the rate of cataract by 20 percent, according to research presented at the ESC Congress today by Professor John B. Kostis from New Jersey, USA. The risk of cataract was reduced by 50 percent when treatment was initiated in younger individuals (in their 40s) and the duration of therapy was longer (e.g. up to 14 years).

Cataracts are the leading cause of [visual impairment](#) worldwide affecting more than 20 million people. Statins are among the most commonly prescribed medications. In the USA they are prescribed to 1 in 3 people over 45 years of age at a cost of \$35 billion annually.

Professor Kostis said: "There is persistent concern among physicians and other [health care providers](#) about the possible cataractogenicity of statins.<sup>1</sup> We therefore investigated the relationship of statins and cataracts in a meta-analysis of 14 studies selected after detailed review of the medical literature. To our knowledge this is the first meta-analysis on the topic."

The meta-analysis included 2,399,200 persons and 25,618 cataracts. The average duration of treatment was 54 months and average age was 61.

Using random effects meta-analysis, a statistically significant decrease in cataracts with statins was observed (odds ratios [OR] 0.80, 95% confidence interval [CI] 0.77-0.83, p

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