

# Rosuvastatin treatments particularly effective among prediabetic patients

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Cardiovascular disease is the leading causes of death worldwide and high cholesterol plays a major role in accelerating its progression. Medical practitioners have turned to statins as a treatment to decrease cholesterol-carrying lipoproteins such as small dense lipoproteins (sdLDL), considered to be especially harmful. A new study, out today in the *Journal of Cardiovascular Pharmacology and Therapeutics* finds that rosuvastatin may be more effective among prediabetic patients than patients with normal glucose levels.

Study author Dr. Moses Elisaf studied two groups of dyslipidemic patients – 49 prediabetic (IFG) patients and 64 patients with normal glucose levels. Both groups were prescribed 10 or 20mg of rosuvastatin and evaluated after 24 weeks. IFG patients experienced a greater decrease in the cholesterol concentration of sdLDLs (-65.7%) compared to their normoglycemic counterparts (-38.5%).

Dr. Elisaf commented, "The results of the study indicate that treatment with rosuvastatin, the most potent statin in reducing low-density cholesterol levels, led to a greater decrease of the atherogenic sdLDL cholesterol in the prediabetic group compared with the normoglycemic group, even after adjusting for baseline values."

The study also demonstrated a favorable redistribution of low-density cholesterol levels from the more atherogenic sdLDL to the large buoyant LDLs (ldLDL) after rosuvastatin treatment for patients with prediabetes.

**More information:** "The effect of rosuvastatin on low-density lipoprotein subfractions in patients with impaired fasting glucose", *Journal of Cardiovascular Pharmacology and Therapeutics*, 2014.

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