

# Lipophilic superior to hydrophilic statin in heart failure

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(HealthDay)—For patients with heart failure, treatment effects are superior with lipophilic versus hydrophilic statins, according to a meta-analysis published online Aug. 17 in *Cardiovascular Therapeutics*.

Kwadwo Osei Bonsu, from Monash University in Bandar Sunway, Malaysia, and colleagues conducted a meta-analysis to compare the treatment effects of lipophilic and hydrophilic statins on outcomes of established heart failure. Data were included for 6,214 patients from 19 randomized controlled trials.

The researchers found that lipophilic statin was superior to hydrophilic statin treatment for left ventricular ejection fraction (standardized mean difference [SMD], 4.54), B-type natriuretic peptide (SMD,  $-1.60$ ), high-

sensitivity C-reactive protein (SMD,  $-1.13$ ), and interleukin-6 (SMD,  $-3.75$ ) (all P

"Lipophilic statin produces greater [treatment effects](#) on cardiac function and inflammation compared with hydrophilic statin in patients with heart failure," the authors write. "Until data from [an] adequately powered head-to-head trial of the statin types are available, our meta-analysis brings clinicians and researchers a step closer to the quest on which statin—lipophilic or hydrophilic—is associated with better outcomes in [heart failure](#)."

**More information:** [Abstract](#)  
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