

# Statin treatment linked to reduced risk of cataracts

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(HealthDay)—Statin treatment is associated with reduced risk of incident cataract development, according to a study published in the Dec. 15 issue of *The American Journal of Cardiology*.

Casper N. Bang, M.D., Ph.D., from the Weill Cornell Medical College in New York City, and colleagues randomized 1,873 patients with asymptomatic aortic stenosis and no history of diabetes, [coronary heart disease](#), or other comorbidities to 40 mg simvastatin plus 10 mg ezetimibe or placebo.

The researchers found that 3.5 percent of patients developed incident cataract during an average follow-up of 4.3 years. Simvastatin plus ezetimibe correlated with a reduction in the risk of cataract development compared with placebo, after adjustment for age, gender, prednisolone

treatment, smoking, baseline low-density lipoprotein (LDL) [cholesterol](#), and high sensitivity C-reactive protein (hazard ratio, 0.56; P = 0.034). Lower in-treatment LDL cholesterol correlated with a [reduced risk](#) of incident cataract (hazard ratio, 0.78 per 1 mmol/mL lower total cholesterol; P = 0.008), in a parallel analysis substituting time-varying LDL cholesterol with randomized treatment.

"Randomized treatment with simvastatin plus ezetimibe was associated with a 44 percent lower risk of incident cataract development," the authors write. "This effect should perhaps be considered in the risk-benefit ratio of statin treatment."

Several authors disclosed financial ties to pharmaceutical companies, including Merck, which manufactures simvastatin and ezetimibe and provided funding for the study.

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