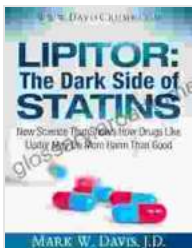


# New Science That Shows How Drugs Like Lipitor May Do More Harm Than Good

Lipitor is a widely prescribed cholesterol-lowering drug that has been on the market for over 20 years. It is one of the best-selling drugs in the world, with over 130 million prescriptions written each year.

Lipitor is effective at lowering cholesterol levels, but there is growing evidence that it may also have some serious side effects. These side effects include muscle pain, liver damage, and an increased risk of diabetes.



## The Dark Side of Statins: New Science That Shows How Drugs Like Lipitor May Do More Harm Than Good

by Geraldine McCall

★★★★☆ 4.2 out of 5

Language : English  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 51 pages  
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A new study published in the journal *JAMA Internal Medicine* found that Lipitor may actually do more harm than good. The study followed over 100,000 people for an average of five years. The researchers found that

people who took Lipitor were more likely to die from heart disease or cancer than people who did not take the drug.

The study also found that Lipitor was associated with an increased risk of side effects, such as muscle pain, liver damage, and diabetes. These side effects were more common in people who took higher doses of Lipitor.

The findings of this study are concerning, and they suggest that Lipitor may not be as safe and effective as once thought. If you are taking Lipitor, you should talk to your doctor about the risks and benefits of the drug.

Here are some of the key findings of the study:

- People who took Lipitor were more likely to die from heart disease or cancer than people who did not take the drug.
- Lipitor was associated with an increased risk of side effects, such as muscle pain, liver damage, and diabetes.
- The risks of Lipitor were higher in people who took higher doses of the drug.

The findings of this study are important because they provide new evidence about the risks and benefits of Lipitor. This information can help people make informed decisions about whether or not to take the drug.

### **What are the alternatives to Lipitor?**

There are a number of alternative cholesterol-lowering drugs available, including:

- Simvastatin (Zocor)

- Pravastatin (Pravachol)
- Fluvastatin (Lescol)
- Atorvastatin (Lipitor)
- Rosuvastatin (Crestor)

These drugs are all effective at lowering cholesterol levels, and they have a similar risk of side effects as Lipitor.

If you are considering taking a cholesterol-lowering drug, you should talk to your doctor about the risks and benefits of the different drugs available.

### **How can I lower my cholesterol without medication?**

There are a number of lifestyle changes you can make to lower your cholesterol levels, including:

- Eating a healthy diet
- Exercising regularly
- Losing weight if you are overweight or obese
- Quitting smoking
- Reducing your alcohol intake

These lifestyle changes can all help to lower your cholesterol levels and reduce your risk of developing heart disease.

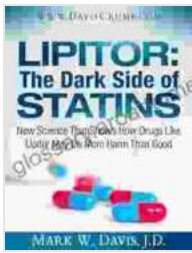
If you are concerned about your cholesterol levels, you should talk to your doctor. Your doctor can recommend the best course of treatment for you.

## Additional Resources

- American Heart Association: About Cholesterol
- Centers for Disease Control and Prevention: Cholesterol
- Mayo Clinic: High Blood Cholesterol

\*\*Image:\*\*



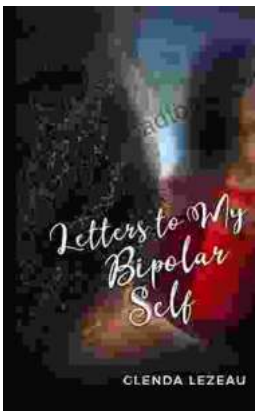


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