

## **PHYSICIAN FACT SHEET ON THE ROLE OF STATINS AND DEMENTIA**

1. Hyperlipidemia plays a role in cardiovascular disease and cerebrovascular disease.
2. Hyperlipidemia is a component to the metabolic syndrome.
3. The data on the relationship between lipid level and the risk for dementia is unclear.
4. Statin medications are highly effective at normalizing lipids.
5. Dietary and weight control continue to be a mainstay for lipid management.
6. Animal models suggest statins may alter the inflammatory response to amyloid or retard amyloid deposition in the brain.
7. The “brain-protecting” effect of chronic statin therapy is controversial because many studies support the effect and others fail to document a CNS benefit.
8. Prophylactic statin therapy in people with normal lipids is not recommended to prevent dementia.
9. Aggressive management of lipids in older persons may have a secondary benefit of protecting the brain.
10. Physicians can use the potential “brain-protective” impact of statins to promote compliance which is about 40% in the general public.