

Physician Fact Sheet For Statin Therapy As A Protection Against Cognitive Loss In Elders

1. Elevated triglycerides and low HDL cholesterol levels are components of the metabolic syndrome.
2. Most statins reduce LDL-C by at least 30 to 35%.
3. Statin therapy significantly lowers coronary events by as much as 20% to 40%, but long-term medication compliance is low (about 50%).
4. Cardiovascular health is integral component to cerebrovascular fitness.
5. Statins may directly alter the metabolism of A-beta 42 amyloid protein.
6. Some studies suggest that chronic statin therapy may reduce the risk for cognitive decline.
7. Some studies suggest that statin therapy may alter the natural history of persons with mild to moderate Alzheimer's disease.
8. Statin therapy can be a component of dementia prevention in persons with dyslipidemias.
9. Insufficient data exists to warrant the prophylactic use of statins in the prevention of dementia or the treatment of Alzheimer's disease.
10. The potential cognitive protection of statin therapy can be used to encourage compliance in middle-aged and older patients.