

dark side of statins

dark side of statins refers to the potential risks and adverse effects associated with the use of statin medications, which are commonly prescribed to lower cholesterol and reduce the risk of cardiovascular disease. While statins have been highly effective in preventing heart attacks and strokes, emerging evidence and patient reports highlight that these drugs can also cause a range of side effects that may impact quality of life and overall health. Understanding the dark side of statins involves exploring their impact on muscle health, cognitive function, metabolic processes, and more. This article will examine the various adverse effects linked to statin therapy, discuss the mechanisms behind these complications, and consider the implications for patients and healthcare providers. Additionally, the article will address the balance between benefits and risks, alternative treatments, and strategies to mitigate negative outcomes. By providing a comprehensive overview, readers can gain insight into the complex nature of statin use beyond their cholesterol-lowering benefits.

- Common Side Effects of Statins
- Muscle-Related Complications
- Cognitive and Neurological Effects
- Metabolic and Endocrine Concerns
- Potential Liver and Kidney Issues
- Balancing Benefits and Risks
- Alternatives and Mitigation Strategies

Common Side Effects of Statins

Statins are generally well-tolerated medications, but a subset of patients experience side effects that can range from mild to severe. These common side effects often lead to discontinuation of therapy or dosage adjustments. The dark side of statins, in this regard, includes symptoms that affect daily functioning and overall well-being.

Gastrointestinal Issues

Many patients report digestive system disturbances such as nausea, abdominal pain, diarrhea, or constipation when taking statins. These symptoms, although usually mild, can be persistent and impact medication adherence.

Headaches and Dizziness

Headaches and episodes of dizziness have been noted in some statin users. These neurological symptoms may be subtle but affect concentration and

quality of life.

Fatigue

Fatigue is a frequently reported complaint among statin users. This general sense of tiredness can reduce physical activity levels and overall energy.

Muscle-Related Complications

One of the most well-documented adverse effects contributing to the dark side of statins involves muscle problems. Statin-associated muscle symptoms (SAMS) can severely limit patients' ability to continue therapy.

Myalgia

Myalgia, characterized by muscle pain and tenderness without elevated creatine kinase levels, is the most common muscular complaint linked to statins. It can affect any muscle group and often resolves upon discontinuation.

Myopathy and Rhabdomyolysis

More severe muscle damage includes myopathy, involving muscle weakness and elevated muscle enzymes, and rhabdomyolysis, a rare but life-threatening condition where muscle breakdown leads to kidney damage. These complications require immediate medical attention.

Mechanisms Behind Muscle Toxicity

The exact cause of statin-induced muscle problems is not fully understood but may involve mitochondrial dysfunction, decreased synthesis of coenzyme Q10, and altered muscle cell membrane integrity.

Cognitive and Neurological Effects

Concerns regarding the dark side of statins extend to cognitive and neurological domains. Although statins are primarily targeted at cardiovascular health, their influence on brain function has been the subject of ongoing research.

Memory Loss and Confusion

Some patients report memory impairment, confusion, or difficulty concentrating while on statins. These effects are typically reversible upon discontinuation but have raised caution among prescribers.

Potential Protective Effects Versus Risks

While some studies suggest statins may protect against dementia, others highlight risks for cognitive decline. The relationship remains complex and patient-specific.

Metabolic and Endocrine Concerns

The dark side of statins also includes metabolic disturbances that can affect glucose regulation and hormonal balance, contributing to additional health risks.

Increased Risk of Type 2 Diabetes

Statin therapy has been associated with a modest increase in the incidence of type 2 diabetes, particularly in patients with preexisting risk factors. This effect is thought to result from impaired insulin sensitivity and secretion.

Impact on Hormonal Levels

Some evidence suggests that statins may influence the synthesis of steroid hormones such as testosterone and cortisol, although clinical significance remains under investigation.

Potential Liver and Kidney Issues

Although rare, statins can affect liver and kidney function, which represents another facet of their dark side. Monitoring is recommended during treatment to identify any abnormalities early.

Elevated Liver Enzymes

Statins can cause transient increases in liver enzymes, indicating liver stress or damage. In most cases, these elevations are mild and reversible, but severe liver injury is exceedingly rare.

Kidney Function Considerations

In cases of severe muscle breakdown, such as rhabdomyolysis, kidney damage can occur due to the accumulation of muscle breakdown products. Patients with preexisting kidney disease require careful monitoring.

Balancing Benefits and Risks

Despite the dark side of statins, these medications remain a cornerstone in cardiovascular disease prevention. The decision to initiate or continue statin therapy requires careful evaluation of benefits versus potential

harms.

Risk Assessment and Patient Selection

Healthcare providers assess cardiovascular risk factors, comorbidities, and patient preferences to tailor statin use appropriately.

Monitoring and Management of Side Effects

Regular follow-up visits, laboratory testing, and patient education help identify side effects early and manage them effectively to minimize impact.

Alternatives and Mitigation Strategies

For patients experiencing the dark side of statins, alternative therapies and strategies can reduce adverse effects while maintaining cardiovascular protection.

Non-Statin Lipid-Lowering Agents

Medications such as ezetimibe, PCSK9 inhibitors, and bile acid sequestrants offer options for cholesterol management with different side effect profiles.

Lifestyle Modifications

Diet, exercise, weight management, and smoking cessation are critical components that can enhance or even reduce the need for pharmacological intervention.

Coenzyme Q10 Supplementation

Some studies suggest that coenzyme Q10 supplements may alleviate muscle symptoms associated with statin therapy, although evidence is mixed.

- Consider dose reduction or switching statin types
- Ensure adequate vitamin D levels
- Implement gradual introduction of therapy

Frequently Asked Questions

What are some common side effects associated with statin use?

Common side effects of statins include muscle pain, fatigue, digestive problems, and increased blood sugar levels. Some patients may also experience headaches or memory issues.

Can statins cause muscle damage or weakness?

Yes, statins can cause muscle-related side effects ranging from mild muscle pain to a rare but serious condition called rhabdomyolysis, which involves severe muscle damage and can lead to kidney failure.

Are there cognitive risks linked to taking statins?

Some reports suggest that statins might be associated with memory loss or cognitive decline in rare cases, but large studies have not conclusively proven this. The FDA has noted these potential effects and recommends monitoring if cognitive symptoms occur.

How do statins affect liver function?

Statins can cause elevations in liver enzymes, indicating liver stress or damage in some patients. Although serious liver injury is rare, regular monitoring of liver function tests is advised during statin therapy.

What are the potential metabolic side effects of statins?

Statins may increase the risk of developing type 2 diabetes by slightly raising blood sugar levels, especially in individuals who are already at risk. However, the cardiovascular benefits often outweigh this risk.

Additional Resources

1. The Dark Side of Statins: Uncovering Hidden Risks

This book delves into the lesser-known adverse effects of statin drugs, exploring the potential dangers that are often overlooked in mainstream discussions. It examines clinical studies and patient reports highlighting muscle pain, cognitive issues, and other side effects. The author advocates for a more cautious and informed approach to statin therapy.

2. Statin Controversies: The Risks Beneath the Prescription

Focusing on the controversies surrounding statin use, this book critiques the pharmaceutical industry and medical guidelines that promote widespread statin prescriptions. It discusses the balance between benefits and risks, emphasizing the importance of personalized medicine. Readers gain insight into alternative treatments and lifestyle changes.

3. Cholesterol Myths and Statin Realities

This title challenges common beliefs about cholesterol and the role of statins in heart health. It reviews scientific evidence questioning the efficacy and safety of statins and explores the impact of cholesterol on overall health. The narrative encourages critical thinking about standard medical practices.

4. *Statins Exposed: The Hidden Health Consequences*

An investigative account revealing the potential long-term health consequences of statin use, including diabetes, liver damage, and neurological effects. The author compiles patient testimonies and medical research to provide a comprehensive overview. The book urges readers to weigh the risks carefully before starting statin therapy.

5. *When Statins Backfire: Stories of Unexpected Harm*

This collection of case studies presents real-life stories of individuals who experienced severe side effects from statin medications. Each chapter highlights different adverse reactions and the challenges patients face in getting proper diagnosis and treatment. It serves as a cautionary tale for patients and healthcare providers alike.

6. *Statin Side Effects: What Your Doctor May Not Tell You*

Offering an eye-opening look at the side effects often underreported in clinical settings, this book provides detailed information on muscle weakness, memory loss, and mood changes associated with statins. It includes guidance on recognizing symptoms and discussing concerns with healthcare professionals. The book promotes patient advocacy and informed decision-making.

7. *The Statin Dilemma: Balancing Benefits and Risks*

This comprehensive analysis weighs the cardiovascular benefits of statins against their potential harm, considering recent research and evolving medical opinions. It explores who might truly benefit from statins and who may be at greater risk of adverse effects. The author suggests strategies for personalized treatment plans.

8. *Silent Side Effects: The Neurocognitive Impact of Statins*

Focusing specifically on the neurological and cognitive side effects associated with statin use, this book investigates memory loss, confusion, and other brain-related symptoms reported by patients. It reviews current scientific findings and discusses possible mechanisms behind these effects. The book calls for more research and awareness in clinical practice.

9. *Beyond the Benefits: Understanding Statin-Induced Diabetes and Metabolic Issues*

This work examines the link between statin therapy and the increased risk of diabetes and metabolic syndrome. It provides an in-depth look at how statins may disrupt glucose metabolism and insulin sensitivity. The author offers practical advice for monitoring health and mitigating these risks while managing cholesterol.

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The Dark Side of Statins: Unveiling the Risks and Side Effects of Cholesterol-Lowering Drugs

This ebook delves into the often-overlooked negative consequences associated with statin therapy, exploring the complexities of their use, the potential for adverse events, and the importance of informed decision-making in collaboration with healthcare professionals. We will examine the research behind both the benefits and drawbacks of statins, offering practical advice for patients and healthcare providers alike.

Ebook Title: Navigating the Statin Paradox: Understanding the Risks and Benefits of Cholesterol-Lowering Medication

Outline:

Introduction: Understanding Statins and Their Intended Purpose

Chapter 1: The Proven Benefits of Statins: Examining the Cardiovascular Risk Reduction

Chapter 2: Common Side Effects of Statins: Muscle Aches, Liver Issues, and More

Chapter 3: Rare but Serious Side Effects of Statins: Diabetes, Cognitive Impairment, and Increased Cancer Risk

Chapter 4: Who Should and Shouldn't Take Statins: Assessing Individual Risk Profiles

Chapter 5: Alternatives to Statins: Lifestyle Modifications and Other Medications

Chapter 6: Managing Statin Side Effects: Strategies for Mitigation and Support

Chapter 7: The Role of Genetics in Statin Response: Personalized Medicine Approaches

Chapter 8: Open Dialogue with Your Doctor: The Importance of Informed Consent and Shared Decision-Making

Conclusion: Weighing Risks and Benefits for a Personalized Approach to Cholesterol Management

Introduction: Understanding Statins and Their Intended Purpose: This section will provide a foundational understanding of statins, how they work to lower cholesterol, and their widespread use in preventing cardiovascular disease. We'll discuss the primary goal of statin therapy and the general consensus surrounding their benefits.

Chapter 1: The Proven Benefits of Statins: Examining the Cardiovascular Risk Reduction: This chapter will review the substantial body of research demonstrating the effectiveness of statins in reducing the risk of heart attacks, strokes, and cardiovascular death. We'll analyze large-scale clinical trials and epidemiological studies supporting their efficacy.

Chapter 2: Common Side Effects of Statins: Muscle Aches, Liver Issues, and More: This section will detail the frequently reported side effects of statins, including muscle pain (myalgia), elevated liver enzymes, and digestive problems. We will discuss the prevalence of these side effects and their potential impact on patients' quality of life.

Chapter 3: Rare but Serious Side Effects of Statins: Diabetes, Cognitive Impairment, and Increased Cancer Risk: This chapter explores the less common but potentially serious adverse events linked to statin use, such as increased risk of developing type 2 diabetes, cognitive impairment (memory loss, confusion), and some cancers. We'll critically assess the research on these associations, highlighting areas of ongoing debate and uncertainty.

Chapter 4: Who Should and Shouldn't Take Statins: Assessing Individual Risk Profiles: This chapter addresses the crucial issue of appropriate statin prescription. We'll examine risk assessment tools and guidelines used to determine which individuals are most likely to benefit from statin therapy and who might be at higher risk for adverse effects.

Chapter 5: Alternatives to Statins: Lifestyle Modifications and Other Medications: This section will explore alternative approaches to lowering cholesterol, including lifestyle changes (diet, exercise, weight management) and other medications like PCSK9 inhibitors and ezetimibe. We'll discuss the pros and cons of these alternatives compared to statins.

Chapter 6: Managing Statin Side Effects: Strategies for Mitigation and Support: This chapter focuses on practical strategies for managing and mitigating the side effects of statins. We'll discuss dose adjustments, switching to different statins, and the role of supportive care.

Chapter 7: The Role of Genetics in Statin Response: Personalized Medicine Approaches: This chapter will delve into the emerging field of pharmacogenomics, exploring how genetic variations can influence an individual's response to statins. We'll discuss the potential for personalized medicine approaches to optimize statin therapy.

Chapter 8: Open Dialogue with Your Doctor: The Importance of Informed Consent and Shared Decision-Making: This section emphasizes the crucial role of open communication between patients and their healthcare providers. We'll stress the importance of shared decision-making, informed consent, and a collaborative approach to managing cholesterol levels.

Conclusion: Weighing Risks and Benefits for a Personalized Approach to Cholesterol Management: The conclusion will summarize the key takeaways from the ebook, emphasizing the need for a personalized approach to statin therapy that considers both the potential benefits and risks in the context of individual patient characteristics and preferences.

FAQs:

1. What are the most common side effects of statins? Muscle pain, fatigue, digestive issues, and elevated liver enzymes are common.
2. Can statins cause diabetes? Some studies suggest a slightly increased risk, but the overall risk remains low for many individuals.
3. Do statins affect cognitive function? Research on this topic is ongoing and inconclusive, with some studies showing a potential link to cognitive decline in a small subset of patients.
4. Are there any alternatives to statins for lowering cholesterol? Yes, lifestyle modifications and other medications are available.
5. How can I manage statin side effects? Talk to your doctor about dose adjustments, switching medications, or other management strategies.
6. Who should not take statins? Individuals with certain liver conditions, pregnant or breastfeeding women, and those with a high risk of certain side effects may not be suitable candidates.
7. What is the role of genetics in statin response? Genetic factors can influence how effectively your body processes statins and your risk of side effects.
8. How often should I have my blood lipid levels checked while on statins? Regular monitoring is essential to ensure the medication is effective and to detect potential side effects.
9. Should I stop taking statins if I experience side effects? Never stop taking statins without consulting your doctor. They can help adjust your dosage or explore alternative options.

Related Articles:

1. **Statin-Induced Myopathy: A Comprehensive Review:** This article will examine the mechanisms, diagnosis, and management of muscle-related side effects of statins.
2. **The Impact of Statins on Liver Function:** A detailed analysis of the effects of statins on liver enzymes and the management of liver-related side effects.
3. **Statins and Cognitive Function: A Critical Appraisal of the Evidence:** A thorough review of the research linking statins to cognitive impairment.
4. **Statins and Diabetes Risk: A Meta-Analysis:** A comprehensive meta-analysis of studies examining the association between statin use and the development of type 2 diabetes.
5. **Personalized Medicine Approaches to Statin Therapy:** This article will discuss the role of genetics and other factors in tailoring statin treatment to individual patients.
6. **Lifestyle Interventions for Cholesterol Management:** A guide to dietary changes, exercise programs, and other lifestyle modifications to improve cholesterol levels.
7. **Alternative Medications to Statins for Lowering Cholesterol:** A review of non-statin medications used to manage high cholesterol.
8. **Patient Communication and Shared Decision-Making in Statin Therapy:** This article will emphasize the importance of patient-doctor communication in making informed decisions about statin use.
9. **The Cost-Effectiveness of Statin Therapy: A Comparative Analysis:** An examination of the cost-effectiveness of statins compared to other cholesterol-lowering strategies.

dark side of statins: The Dark Side of Statins Duane Graveline, 2010-10-01

dark side of statins: The Statin Damage Crisis Duane Graveline, 2012-07-01 In this newly updated and re-edited 2012 edition, the side effects of cholesterol lowering statins are thoroughly assessed. Also reviewed are dietary and supplement choices that may offer benefit in the prevention of heart disease and in combating and preventing statin damage. The cholesterol lowering drugs known as statins are of proven benefit for some groups of people for the prevention of heart attacks and stroke, but statins also have a dark side. Tens of thousands of people have been victims of a huge array of statin drugs side effects, ranging from permanent cognitive dysfunction and severe personality change to disabilities from permanent peripheral neuropathy, permanent myopathy and chronic muscular degeneration. It has recently been reported that muscle pain cases frequently become permanent and many neurologists now regard statin neuropathy as predictably resistant to traditional treatment. When statins were first marketed there was seemingly no awareness of possible mitochondrial DNA effect or the importance of glial cell cholesterol to cognitive function and little or no concern that to inhibit cholesterol means to interrupt its pathway shared by both CoQ10 and dolichols and many other vital substances. Nor was it known that statins are powerful anti-inflammatory agents, the fundamental reason for their benefit in cardiovascular risk. The outmoded concept of looking at cholesterol numbers as a predictor of cardiovascular risk is increasingly being dismissed as studies point to cholesterol levels as being seemingly irrelevant to the process of atherosclerosis. In addition to the crisis of thousands of people disabled by statin associated neuro-muscular problems is the fact that many physicians still remain unaware that statins can even do this. Then there is the crisis of the growing trend of the insurance industry to use cholesterol levels as a reason to deny health care coverage or life insurance coverage. Some employers even require cholesterol levels to be below a certain number as a condition of employment. Plus the crisis of patients being forced into taking a statin because not to do so would result in having to find a new doctor. The Statin Damage Crisis looks at how statins work, the importance of cholesterol in the body, inflammation and atherosclerosis, anti-inflammatory alternatives to statins, serious side effects of statins, and dietary supplements of possible benefit to those taking statins or that were forced to stop taking a statin due to unpleasant and even disabling side effects.

dark side of statins: Statin-Associated Muscle Symptoms Paul D. Thompson, Beth A. Taylor, 2020-01-25 This book provides an overview of statin-associated muscle symptoms (SAMS) from clinical presentation to treatment and possible metabolic causes. It examines the risk factors, presentations, diagnosis and differential diagnosis, clinical management, and financial costs of SAMS. The book also highlights patients' perspectives on SAMS such as the psychosocial, emotional, and societal factors influencing their perceptions and experiences. Finally, the book presents the results of observational and clinical trials on the prevalence of SAMS, clinical trials for treatments, and potential future research approaches for improving the understanding and treatment of SAMS. A key addition to the Contemporary Cardiology series, Statin-Associated Muscle Symptoms is an essential resource for physicians, medical students, residents, fellows, and allied health professionals in cardiology, endocrinology, pharmacotherapy, primary care, and health promotion and disease prevention.

dark side of statins: A Statin-Free Life Aseem Malhotra, 2021-08-19 'Giving you all the facts to help you decide how best to have a healthy life. - Dr Phil Hammond Statins are among the most widely prescribed drugs in the world. Yet many report unacceptable side effects and a US survey revealed that 75 per cent of respondents stopped taking them within a year. So what is the evidence for their benefits? Dr Aseem Malhotra, author of the bestselling The 21-Day Immunity Plan and co-author of the bestselling The Pioppi Diet, examines the claims for statins and their role in lowering cholesterol and preventing heart disease. He introduces us to his targeted heart-health plan, which, with a diet plan, recipes and advice on reducing stress and increasing movement, can help us to live statin-free and take control of our own health. 'Backed by science, this is a riveting read for anyone with a heart.' - Liz Earle 'Aseem's programme gives you the best opportunity for a long and healthy life.' - Ross Walker 'Get this book to figure out if a statin-free life is right for you.' - Dr Robert Lustig

dark side of statins: A Statin Nation Dr Malcolm Kendrick, 2018-12-27 If you have been told that you must take statins or risk a devastating heart attack or stroke, you need to read this book. Dr Kendrick, a well-known statin sceptic and author of the bestselling The Great Cholesterol Con, has returned to the diet-heart-cholesterol battlefield to warn that people are being conned. In relaxed and humorous style, he lifts the rock to allow the reader to peer underneath. He points out that statins, even in high-risk individuals, increase life expectancy by a mere four days after five years of treatment. Yet adverse effects have been swept under the carpet by researchers who are closely tied to the industry. The way to avoid heart disease, and strokes, is simple - but, as this riveting book shows, it has nothing to do with lowering cholesterol levels.

dark side of statins: The Great Cholesterol Myth, Revised and Expanded Jonny Bowden, Stephen T. Sinatra, M.D., F.A.C.C, C.N.S., 2020-08-04 The best-selling book on heart disease, updated with the latest research and clinical findings on high-fat/ketogenic diets, sugar, genetics, and other factors. Heart disease is the #1 killer. However, traditional heart disease protocols—with their emphasis on lowering cholesterol—have it all wrong. Emerging science is showing that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for lowering it, such as ineffective low-fat/high-carb diets and serious, side-effect-causing statin drugs, obscure the real causes of heart disease. Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the \$31-billion-a-year cholesterol-lowering drug industry. The Great Cholesterol Myth reveals the real culprits of heart disease, including: inflammation, fibrinogen, triglycerides, homocysteine, belly fat, triglyceride to HDL ratios, and high glycemic levels. Best-selling health authors Jonny Bowden, PhD, and Stephen Sinatra, MD, give readers a four-part strategy based on the latest studies and clinical findings for effectively preventing, managing, and reversing heart disease, focusing on diet, exercise, supplements, and stress and anger management. Myths vs. Facts Myth: High cholesterol is the cause of heart disease. Fact: Cholesterol is only a minor player in the cascade of inflammation which is a cause of heart disease. Myth: Saturated fat is dangerous. Fact: Saturated fats are not dangerous. The killer fats are the trans fats from partially hydrogenated oils. ??? Myth: The higher

the cholesterol, the shorter the lifespan. Fact: Higher cholesterol protects you from gastrointestinal disease, pulmonary disease, and hemorrhagic stroke. Myth: High cholesterol is a predictor of heart attack. Fact: There is no correlation between cholesterol and heart attacks. Myth: Lowering cholesterol with statin drugs will prolong your life. Fact: There is no data to show that statins have a significant impact on longevity. Myth: Statin drugs are safe. Fact: Statin drugs can be extremely toxic including causing death. Myth: Statin drugs are useful in men, women, and the elderly. Fact: Statin drugs do the best job in middle-aged men with coronary disease. Myth: Statin drugs are useful in middle-aged men with coronary artery disease because of its impact on cholesterol. Fact: Statin drugs reduce inflammation and improve blood viscosity (thinning blood). Statins are extremely helpful in men with low HDL and coronary artery disease.

dark side of statins: The Truth About Statins Barbara H. Roberts, 2012-04-24 Discusses the uses, misuses, dangers, and benefits of statin drugs, counseling patients on how to make informed choices about side effects and lifestyle changes that can promote cardiovascular health.

dark side of statins: *Statin Nation* Justin Smith, 2017 Heart disease is the leading cause of death worldwide, and for decades conventional health authorities have pushed that the culprits are fat and cholesterol clogging up coronary arteries. Consequently, lowering cholesterol has become a hugely lucrative business, and cholesterol-lowering Statin drugs are now the most prescribed medication in the world, with clinical data showing one billion people eligible for prescription. However, these cholesterol guidelines have been heavily criticized, and increasingly, doctors and researchers have been questioning the role cholesterol plays in heart disease. We now know that people with heart disease often do not, in fact, have high cholesterol, and even the strongest supporters of the cholesterol hypothesis now admit that no ideal level of cholesterol can be identified. Large-scale studies have proven that statins are not generating the benefits that were predicted, and new research shows that high cholesterol may actually prevent heart disease. Worse still, millions of people in the United States and worldwide are taking statins preventatively, at great cost to their health. A complete reevaluation of the real causes of heart disease is long overdue, not to mention an inquiry into why the pharmaceutical industry continues to overprescribe statins (and market them aggressively to consumers) despite this evidence. *Statin Nation* offers a new understanding of heart disease, and Justin Smith forges an innovative path away from the outdated cholesterol myth with a viable alternative model to address the real causes of heart disease. *Statin Nation* provides detailed examinations of nutritional alternatives that are up to six times more effective than statins, and other interventions that have been shown to be up to eleven times more effective than statins. But all of these methods are currently ignored by health authorities. Smith provides a heart disease prevention plan that anyone can use, providing hope for the future of heart-disease treatment with a purpose.

dark side of statins: Davis's Drug Guide for Rehabilitation Professionals Charles D. Ciccone, 2013-03-21 A one-of-a-kind guide specifically for rehabilitation specialists! A leader in pharmacology and rehabilitation, Charles Ciccone, PT, PhD offers a concise, easy-to-access resource that delivers the drug information rehabilitation specialists need to know. Organized alphabetically by generic name, over 800 drug monographs offer the most up-to-date information on drug indications, therapeutic effects, potential adverse reactions, and much more! A list of implications for physical therapy at the end of each monograph helps you provide the best possible care for your patients. It's the perfect companion to *Pharmacology in Rehabilitation*, 4th Edition!

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dark side of statins: Bottle of Lies Katherine Eban, 2020-06-23 A NEW YORK TIMES BESTSELLER * New York Times Notable Book * Best Book of the Year: New York Public Library, Kirkus Reviews, Science Friday With a new postscript by the author From an award-winning journalist, an explosive narrative investigation of the generic drug boom that reveals fraud and life-threatening dangers on a global scale—The Jungle for pharmaceuticals Many have hailed the widespread use of generic drugs as one of the most important public-health developments of the twenty-first century. Today, almost 90 percent of our pharmaceutical market is comprised of generics, the majority of which are manufactured overseas. We have been reassured by our doctors, our pharmacists and our regulators that generic drugs are identical to their brand-name counterparts, just less expensive. But is this really true? Katherine Eban's *Bottle of Lies* exposes the deceit behind generic-drug manufacturing—and the attendant risks for global health. Drawing on exclusive accounts from whistleblowers and regulators, as well as thousands of pages of confidential FDA documents, Eban reveals an industry where fraud is rampant, companies routinely falsify data, and executives circumvent almost every principle of safe manufacturing to minimize cost and maximize profit, confident in their ability to fool inspectors. Meanwhile, patients unwittingly consume medicine with unpredictable and dangerous effects. The story of generic drugs is truly global. It connects middle America to China, India, sub-Saharan Africa and Brazil, and represents the ultimate litmus test of globalization: what are the risks of moving drug manufacturing offshore, and are they worth the savings? A decade-long investigation with international sweep, high-stakes brinkmanship and big money at its core, *Bottle of Lies* reveals how the world's greatest public-health innovation has become one of its most astonishing swindles.

dark side of statins: Cholesterol Myth Joshua Collins, 2013-11 What Do Your Cholesterol Numbers Really Mean? Don't You Want To Know The Truth About cholesterol And Heart Disease? Joshua Collins, a respected author in the health and nutritional field, wrote this book to expose the truth about Cholesterol. After reading this book you will know what you can do to improve your overall health and specifically your heart health. In the late 1970s the conspiracy against cholesterol began and slowly the naturally occurring fat in our foods were replaced with refined sugar. This shift in our food eating patterns has fattened our society and wreaked havoc with our biochemistry, particularly our cholesterol and blood sugar levels. What The Author Reveals Within The Pages Of This Book: - The truth about cholesterol numbers and their relation to heart disease - Why your LDL and total cholesterol numbers by themselves are poor indicators of your overall health - Critical information you need to know about inflammation and its role in heart disease - The truth about saturated Fats and their relation to heart disease and weight loss - Do you take statin drugs? ... Missing this information could be harmful to your health - Why a low fat high carbohydrate diet will promote high cholesterol levels and weight gain - And Much More Take a look at this cutting-edge nutritional information and learn what really works when it comes to improving your health and understand the role cholesterol plays in your overall health.

dark side of statins: Lipitor Thief of Memory Duane Graveline, 2010-10-07

dark side of statins: Statins Toxic Side Effects: Evidence from 500 scientific papers David Evans, 2015-10-15 This book uses evidence from 500 scientific papers that show, incontrovertibly, that statins not only do not improve health but cause actual harm and should be avoided. • The disturbing effects of statins on death rates, heart disease, stroke, diabetes and cancer. • Statins are a health disaster for those with an underactive thyroid. • How statins cause muscle disease, kidney disease, liver disease, pancreatitis and multiorgan failure. • The dire consequences of statin use on the nervous system. • Autoimmune diseases, arthritis and skin infections may result from statin use. • Evidence is presented that reveal statins are deleterious for those that have asthma and lung diseases. • Exercise performance is severely restricted by the use of the drug. • People taking statins are found to have a 'foggy' brain, depression and an increased risk of violence and suicidal thoughts. • Statins can damage your eyes and give you headaches. •

They can make men impotent, damage sperm quality and cause birth defects. • Bowel problems, urinary tract infections and other general infections are exacerbated with statin use. • Bone structure may be compromised and tendon rupture is more common when using the drug. These 500 studies underline the judgement of the internationally renowned cardiologist, Dr Michel de Lorgeril, who said about statins: "We'll come to the inevitable conclusion in the end that these drugs are unnecessary and toxic, they must be removed from the market."

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dark side of statins: The Great Cholesterol Con Dr Malcolm Kendrick, 2008-07-07 Statins are widely prescribed to lower blood cholesterol levels and claim to offer unparalleled protection against heart disease. Believed to be completely safe and capable of preventing a whole series of other conditions, they are the most profitable drug in the history of medicine. In this groundbreaking book, GP Malcolm Kendrick exposes the truth behind the hype. He will change the way we think about cholesterol forever. Rubbishing the diet-heart hypothesis, in which clinical trials 'prove' that high cholesterol causes heart disease and a high-fat diet leads to heart disease, Kendrick lambastes a powerful pharmaceutical industry and unquestioning medical profession, who, he claims, perpetuate the madcap concepts of 'good' and 'bad' cholesterol and cholesterol levels to convince millions of people to unnecessarily spend billions of pounds on statins. Clearly and comprehensively debunking assumptions on what constitute a healthy lifestyle and diet, The Great Cholesterol Con is the accessible, indispensable and absorbing case against statins and for a more common-sense approach to heart disease and general wellbeing. No more over-hyped miracle drugs; no more garlic, red wine, anti-oxidants, fruit or vegetables; even a vegetarian diet is rejected in this controversial yet authoritative critique of how we have been misled over how food and drugs affect our coronary health. Here, for the first time, is the invaluable guide for anyone who thought there was a miracle cure for heart disease, The Great Cholesterol Con is a fascinating breakthrough that will set dynamite under the whole area.

dark side of statins: The Great Cholesterol Con Anthony Colpo, 2012-02-25 An exposé and critique of cholesterol and saturated fats as the cause of coronary heart disease by an independent commentator--Foreword.

dark side of statins: Bottles of Lies Katherine Eban, 2019-07 Many have hailed the widespread use of generic drugs as one of the most important public-health developments of the twenty-first century. Today, almost 90 percent of our pharmaceutical market is comprised of generics, the majority of which are manufactured overseas. We have been reassured by our doctors, our pharmacists and our regulators that generic drugs are identical to their brand-name counterparts, just less expensive. But is this really true? Katherine Eban's Bottle of Lies exposes the deceit behind generic-drug manufacturing--and the attendant risks for global health. Drawing on exclusive accounts from whistleblowers and regulators, as well as thousands of pages of confidential FDA documents, Eban reveals an industry where fraud is rampant, companies routinely falsify data, and executives circumvent almost every principle of safe manufacturing to minimize cost and maximize profit, confident in their ability to fool inspectors. Meanwhile, patients unwittingly consume medicine with unpredictable and dangerous effects. The story of generic drugs is truly global. It connects middle America to China, India, sub-Saharan Africa and Brazil, and represents the ultimate litmus test of globalization: what are the risks of moving drug manufacturing offshore, and are they worth the savings?--Dust jacket.

dark side of statins: Management of Dyslipidemia Wilbert S. Aronow, 2021-07-21 Dyslipidemia is a major risk factor for cardiovascular events, cardiovascular mortality, and all-cause mortality. The earlier in life dyslipidemia is treated, the better the prognosis. The current book is an excellent one on dyslipidemia written by experts on this topic. This book includes 12 chapters including 5 on lipids, 4 on hypercholesterolemia in children, and 3 on the treatment of dyslipidemia. This book should be read by all health care professionals taking care of patients, including pediatricians since

atherosclerotic cardiovascular disease begins in childhood.

dark side of statins: The Telomere Effect Dr. Elizabeth Blackburn, Dr. Elissa Epel, 2017-01-03 The New York Times bestselling book coauthored by the Nobel Prize winner who discovered telomerase and telomeres' role in the aging process and the health psychologist who has done original research into how specific lifestyle and psychological habits can protect telomeres, slowing disease and improving life. Have you wondered why some sixty-year-olds look and feel like forty-year-olds and why some forty-year-olds look and feel like sixty-year-olds? While many factors contribute to aging and illness, Dr. Elizabeth Blackburn discovered a biological indicator called telomerase, the enzyme that replenishes telomeres, which protect our genetic heritage. Dr. Blackburn and Dr. Elissa Epel's research shows that the length and health of one's telomeres are a biological underpinning of the long-hypothesized mind-body connection. They and other scientists have found that changes we can make to our daily habits can protect our telomeres and increase our health spans (the number of years we remain healthy, active, and disease-free). The Telomere Effect reveals how Blackburn and Epel's findings, together with research from colleagues around the world, cumulatively show that sleep quality, exercise, aspects of diet, and even certain chemicals profoundly affect our telomeres, and that chronic stress, negative thoughts, strained relationships, and even the wrong neighborhoods can eat away at them. Drawing from this scientific body of knowledge, they share lists of foods and suggest amounts and types of exercise that are healthy for our telomeres, mind tricks you can use to protect yourself from stress, and information about how to protect your children against developing shorter telomeres, from pregnancy through adolescence. And they describe how we can improve our health spans at the community level, with neighborhoods characterized by trust, green spaces, and safe streets. The Telomere Effect will make you reassess how you live your life on a day-to-day basis. It is the first book to explain how we age at a cellular level and how we can make simple changes to keep our chromosomes and cells healthy, allowing us to stay disease-free longer and live more vital and meaningful lives.

dark side of statins: Body Sensations Ferenc Köteles, 2021-02-23 The monograph aims to present the recent scientific knowledge on body sensations, i.e., conscious experiences that are localized or felt in the body from an internal perspective, regardless of their sensory origin. It summarizes the basic philosophical, evolutionary, neuroanatomical, psychological, and pathological aspects of the topic. Moreover, related phenomena, such as emotions, the placebo and nocebo effect, complementary and alternative medicine, and mind-body practices are discussed from the perspective of body sensations.

dark side of statins: Cholesterol Down Janet Bond Brill, PhD, RD, LDN, 2009-01-21 Take control of your cholesterol with this 10-point plan from nutrition and fitness expert Dr. Janet Brill—without using drugs. If you are one of the nearly 100 million Americans struggling with high cholesterol, then Dr. Janet Brill offers you a revolutionary new plan for taking control of your health—without the risks of statin drugs. With Dr. Brill's breakthrough Cholesterol Down Plan, you simply add nine "miracle foods" to your regular diet and thirty minutes of walking to your daily routine. That's all. This straightforward and easy-to-follow program can lower your LDL ("bad") cholesterol by as much as 47 percent in just four weeks. Cholesterol Down explains Dr. Brill's ten-point plan as well as the science behind it. You'll learn how each miracle food affects LDL cholesterol and how the foods work together for maximum effect, as well as:

- How eating whole grains helps reduce LDL cholesterol in your bloodstream
- Why antioxidants keep plaque from building up in your arteries
- How certain steps change the structure of LDL cholesterol particles (and why it's best for them to be large and fluffy)
- Why walking just thirty minutes a day lowers "bad" cholesterol and cuts dangerous belly fat

With everything you need to stay focused on the plan, including a daily checklist, a six-month chart for tracking LDL cholesterol changes, tools for assessing your risk level for cardiovascular disease, sample weekly menus, and even heart-healthy recipes, Cholesterol Down is the safe and effective alternative or complement to statin drugs.

dark side of statins: The Fatburn Fix Catherine Shanahan, M.D., 2020-03-24 A proven plan to optimize your health by reclaiming your natural ability to burn body fat for fuel The ability to use

body fat for energy is essential to health—but over decades of practice, renowned family physician Catherine Shanahan, M.D., observed that many of her patients could not burn their body fat between meals, trapping them in a downward spiral of hunger, fatigue, and weight gain. In *The Fatburn Fix*, Dr. Shanahan shows us how industrially produced vegetable oils accumulate in our body fat and disrupt our body's energy-producing systems, driving food addictions that hijack our moods and habits while making it nearly impossible to control our weight. To reclaim our health, we need to detoxify our body fat and help repair our "fatburn" capabilities. Dr. Shanahan shares five important rules to fix your fatburn: 1) Eat natural fats, not vegetable oils. 2) Eat slow-digesting carbs, not starchy carbs or sweets. 3) Seek salt. 4) Drink plenty of water. 5) Supplement with vitamins and minerals. She then provides a revolutionary, step-by-step plan to help reboot your fatburn potential in as little as two weeks. This customizable two-phase plan is widely accessible, easy to follow, and will appeal to the full spectrum of diet ideologies, from plant-based to carnivore to keto and beyond. By making a few changes to what you eat and when, you will lose unwanted weight and restore your body's ability to store and release energy. With *The Fatburn Fix*, Dr. Shanahan shows how regaining your fatburn is the key to effortless weight loss and a new, elevated life, paving the way to abundant energy and long-term health and happiness.

dark side of statins: Drug Guide F a Davis, Vallerand Sanoski, Wendell Lucero, 2021-06-17 #1 DRUG BOOK for Nursing Students! This is the perfect drug book for nursing school! All the information on the meds is in-depth and all that you need to know.-Abby W. SAFETY FIRST! Davis's Drug Guide for Nurses(R), Seventeenth Edition delivers all the information you need to administer medications safely across the lifespan-well-organized monographs for hundreds of generic and thousands of trade-name drugs. FREE DIGITAL ACCESS Redeem the access code to unlock your one-year, free subscription to DrugGuide.com, Davis's Drug Guide Online, powered by Unbound Medicine. You'll have access to more than 1,700 monographs from your desktop, laptop, or any mobile device with a web browser. Search the complete 5,000-drug database and appendices quickly and efficiently. Build your knowledge with extensively cross-referenced drugs. Keep up to date with FDA drug news. LIFE-SAVING GUIDANCE ... AT A GLANCE New! The AGS Beers Criteria for Potentially Inappropriate Medication Use in Older Adults #1 Drug Guide for patient safety Red tab for high alert medications, plus in-depth high alert and patient safety coverage Red, capitalized letters for life-threatening side effects REMS (Risk Evaluation and Mitigation Strategies) icon Drug-drug, drug-food, drug-natural product interactions Special considerations for patient populations. Geri heading identifies special concerns for older adults. OB and Lact headings highlight information for pregnant and breastfeeding patients. Pedi heading identifies concerns for children. Rep heading identifies considerations for patients of reproductive age. IV Administration subheads Pharmacogenomic content Canadian-specific content In-depth guidance for patient and family teaching FREE LEARNING, CARE PLANNING, AND PATIENT EDUCATION TOOLS Online at FADavis.com Audio Library of 1,200+ drug names help you pronounce important terms Two tutorials, each with a self-test Preventing Medication Errors Psychotropic Drugs Easy-to-Use Calculators Body mass index (BMI) Metric conversions IV drip rates Dosage/KG Fahrenheit/Celsius Interactive Case Studies - brief, real-life scenarios that are followed by a series of questions Audio podcasts delivering information on... Risk Evaluation Mitigation Systems (REMS) How to use Davis's Drug Guide for Nurses(R) Detecting and managing ADRs Evidence-based practice and Pharmacotherapeutics Pharmacogenomics Medication errors Special dosing considerations Educating patients about Safe Medication Use Video clips illustrating the safe administration of medications ONLINE REVIEWS OF THE 16TH EDITION OF DAVIS'S DRUG GUIDE FOR NURSES Five Stars. I LOVE that this includes nursing interventions, patient teaching and an online access code. Highly recommend.-E.G. Accurate and up to date. Top notch for nursing students! Includes many things other drug guides l

dark side of statins: Hepatotoxicity Hyman J. Zimmerman, 1999 Written by the foremost authority in the field, this volume is a comprehensive review of the multifaceted phenomenon of hepatotoxicity. Dr. Zimmerman examines the interface between chemicals and the liver; the latest

research in experimental hepatotoxicology; the hepatotoxic risks of household, industrial, and environmental chemicals; and the adverse effects of drugs on the liver. This thoroughly revised, updated Second Edition features a greatly expanded section on the wide variety of drugs that can cause liver injury. For quick reference, an appendix lists these medications and their associated hepatic injuries. Also included are in-depth discussions of drug metabolism and factors affecting susceptibility to liver injury.

dark side of statins: The End of Illness David B. Agus, Kristin Loberg, 2012-01-17 From one of the world's foremost physicians and researchers comes a monumental work that radically redefines conventional conceptions of health and illness to offer new methods for living a long, healthy life.

dark side of statins: Disorders of Voluntary Muscle George Karpati, David Hilton-Jones, Robert C. Griggs, 2001-07-12 Rewritten and redesigned, this remains the one essential text on the diseases of skeletal muscle.

dark side of statins: Talking Back to Prozac Peter R. Breggin, Ginger Ross Breggin, 2014-04-01 A psychiatrist takes a critical look at this SSRI and newer medications that are among the most frequently prescribed drugs in America. Prozac. Millions of Americans are on it. And just about everyone else is wondering if they should be on it, too. The claims of the pro-Prozac chorus are enticing: that it can cure everything from depression (the only disorder for which Prozac was originally approved) to fear of public speaking, PMS, obesity, shyness, migraine, and back pain—with few or no side effects. But is the reality quite different? At what price do we buy Prozac-induced euphoria and a shiny new personality? Psychiatrist Peter Breggin, MD, and coauthor Ginger Ross Breggin answer these and other crucial questions in Talking Back to Prozac. They explain what Prozac is and how it works, and they take a hard look at the real story behind today's most controversial drug: The fact that Prozac was tested in trials of four to six weeks in length before receiving FDA approval The difficulty Prozac's manufacturer had in proving its effectiveness during these tests The information on side effects that the FDA failed to include in its final labeling requirements How Prozac acts as a stimulant not unlike the addictive drugs cocaine and amphetamine The dangers of possible Prozac addiction and abuse The seriousness and frequency of Prozac's side effects, including agitation, insomnia, nausea, diarrhea, loss of libido, and difficulty reaching orgasm The growing evidence that Prozac can cause violence and suicide The social and workplace implications of using the drug not to cure depression but to change personality and enhance performance Using dramatic case histories as well as scientific research and carefully documented evidence, the Breggins expose the potentially damaging effects of Prozac. They also describe the resounding success that has been achieved with more humane alternatives for the treatment of depression. Talking Back to Prozac provides essential information for anyone who takes Prozac or is considering taking it, and for those who prescribe it.

dark side of statins: Handbook of Sepsis W. Joost Wiersinga, Christopher W. Seymour, 2018-04-13 This practically oriented book provides an up-to-date overview of all significant aspects of the pathogenesis of sepsis and its management, including within the intensive care unit. Readers will find information on the involvement of the coagulation and endocrine systems during sepsis and on the use of biomarkers to diagnose sepsis and allow early intervention. International clinical practice guidelines for the management of sepsis are presented, and individual chapters focus on aspects such as fluid resuscitation, vasopressor therapy, response to multiorgan failure, antimicrobial therapy, and adjunctive immunotherapy. The closing section looks forward to the coming decade, discussing novel trial designs, sepsis in low- and middle-income countries, and emerging management approaches. The book is international in scope, with contributions from leading experts worldwide. It will be of value to residents and professionals/practitioners in the fields of infectious diseases and internal medicine, as well as to GPs and medical students.

dark side of statins: How Tobacco Smoke Causes Disease United States. Public Health Service. Office of the Surgeon General, 2010 This report considers the biological and behavioral mechanisms that may underlie the pathogenicity of tobacco smoke. Many Surgeon General's reports

have considered research findings on mechanisms in assessing the biological plausibility of associations observed in epidemiologic studies. Mechanisms of disease are important because they may provide plausibility, which is one of the guideline criteria for assessing evidence on causation. This report specifically reviews the evidence on the potential mechanisms by which smoking causes diseases and considers whether a mechanism is likely to be operative in the production of human disease by tobacco smoke. This evidence is relevant to understanding how smoking causes disease, to identifying those who may be particularly susceptible, and to assessing the potential risks of tobacco products.

dark side of statins: The Hybrid Diet Patrick Holford, Jerome Burne, 2019-03-21 A radically different, practical and doable way to achieve a healthy weight and substantially reduce your risk of diseases such as diabetes, heart disease, cancer and dementia. 'If you follow the advice here, you will improve your health, lose weight, avoid diabetes and reduce your risk of cancer and Alzheimer's. What more could you ask?' Dr Malcolm Kendrick, GP and author of The Great Cholesterol Con 'A highly readable, smart and well-reasoned book based on the latest generation of rigorous science' Nina Teicholz, author of The Big Fat Surprise, and Adjunct Professor, New York University Recent research has shown that a diet that is very low in carbs and high in good fats is effective for weight loss, can counteract many diseases and also help athletic performance and endurance. The drawback is that it is difficult to stick to - because most people love carbs. But, as The Hybrid Diet demonstrates, we don't need to choose. The human body has been designed through millions of years of evolution to burn two different sources of fuel - glucose (which comes from the carbohydrates in fruit and vegetables) and ketones (which are made in the body from fat) - and to switch between them when food is scarce. The point of The Hybrid Diet is to show you how to make the best use of both options when you need them, and how best to switch between them. In their quest to discover the perfect diet, leading health journalist Jerome Burne and nutrition expert Patrick Holford have examined the latest cutting-edge science and have put together a plan that is sound, simple and delicious - one that is based on how your body works best.

dark side of statins: Caffeine in Food and Dietary Supplements Leslie A. Pray, Institute of Medicine, Ann L. Yaktine, Food and Nutrition Board, Board on Health Sciences Policy, Diana E. Pankevich, Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements, 2014 Caffeine in Food and Dietary Supplements is the summary of a workshop convened by the Institute of Medicine in August 2013 to review the available science on safe levels of caffeine consumption in foods, beverages, and dietary supplements and to identify data gaps. Scientists with expertise in food safety, nutrition, pharmacology, psychology, toxicology, and related disciplines; medical professionals with pediatric and adult patient experience in cardiology, neurology, and psychiatry; public health professionals; food industry representatives; regulatory experts; and consumer advocates discussed the safety of caffeine in food and dietary supplements, including, but not limited to, caffeinated beverage products, and identified data gaps. Caffeine, a central nervous stimulant, is arguably the most frequently ingested pharmacologically active substance in the world. Occurring naturally in more than 60 plants, including coffee beans, tea leaves, cola nuts and cocoa pods, caffeine has been part of innumerable cultures for centuries. But the caffeine-in-food landscape is changing. There are an array of new caffeine-containing energy products, from waffles to sunflower seeds, jelly beans to syrup, even bottled water, entering the marketplace. Years of scientific research have shown that moderate consumption by healthy adults of products containing naturally-occurring caffeine is not associated with adverse health effects. The changing caffeine landscape raises concerns about safety and whether any of these new products might be targeting populations not normally associated with caffeine consumption, namely children and adolescents, and whether caffeine poses a greater health risk to those populations than it does for healthy adults. This report delineates vulnerable populations who may be at risk from caffeine exposure; describes caffeine exposure and risk of cardiovascular and other health effects on vulnerable populations, including additive effects with other ingredients and effects related to pre-existing conditions; explores safe caffeine exposure

levels for general and vulnerable populations; and identifies data gaps on caffeine stimulant effects.

dark side of statins: Ferri's Clinical Advisor 2019 E-Book Fred F. Ferri, 2018-05-26

Updated annually with the latest developments in diagnosis and treatment recommendations, Ferri's Clinical Advisor uses the popular 5 books in 1 format to organize vast amounts of information in a clinically relevant, user-friendly manner. This efficient, intuitive format provides quick access to answers on more than 900 common medical conditions, including diseases and disorders, differential diagnoses, and laboratory tests – all updated by experts in key clinical fields. Updated algorithms and current clinical practice guidelines help you keep pace with the speed of modern medicine. Contains significant updates throughout, with more than 500 new figures, tables, and boxes added to this new edition. Features 17 all-new topics including opioid overdose, obesity-Hypoventilation syndrome, acute pelvic pain in women, new-onset seizures, and eosinophilic esophagitis, among many others. Provides current ICD-10 insurance billing codes to help expedite insurance reimbursements. Includes cross-references, outlines, bullets, tables, boxes, and algorithms to help you navigate a wealth of clinical information. Offers access to exclusive online content: more than 90 additional topics; new algorithms, images, and tables; EBM boxes; patient teaching guides, color images, and more.

dark side of statins: Pharma Gerald Posner, 2020-03-10 Award-winning journalist and New York Times bestselling author Gerald Posner reveals the heroes and villains of the trillion-dollar-a-year pharmaceutical industry and delivers “a withering and encyclopedic indictment of a drug industry that often seems to prioritize profits over patients (The New York Times Book Review). Pharmaceutical breakthroughs such as antibiotics and vaccines rank among some of the greatest advancements in human history. Yet exorbitant prices for life-saving drugs, safety recalls affecting tens of millions of Americans, and soaring rates of addiction and overdose on prescription opioids have caused many to lose faith in drug companies. Now, Americans are demanding a national reckoning with a monolithic industry. “Gerald’s dogged reporting, sets Pharma apart from all books on this subject” (The Washington Standard) as we are introduced to brilliant scientists, incorruptible government regulators, and brave whistleblowers facing off against company executives often blinded by greed. A business that profits from treating ills can create far deadlier problems than it cures. Addictive products are part of the industry’s DNA, from the days when corner drugstores sold morphine, heroin, and cocaine, to the past two decades of dangerously overprescribed opioids. Pharma also uncovers the real story of the Sacklers, the family that became one of America’s wealthiest from the success of OxyContin, their blockbuster narcotic painkiller at the center of the opioid crisis. Relying on thousands of pages of government and corporate archives, dozens of hours of interviews with insiders, and previously classified FBI files, Posner exposes the secrets of the Sacklers’ rise to power—revelations that have long been buried under a byzantine web of interlocking companies with ever-changing names and hidden owners. The unexpected twists and turns of the Sackler family saga are told against the startling chronicle of a powerful industry that sits at the intersection of public health and profits. “Explosively, even addictively, readable” (Booklist, starred review), Pharma reveals how and why American drug companies have put earnings ahead of patients.

dark side of statins: The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease Jonny Bowden, Stephen Sinatra, Deirdre Rawlings, 2015-08-15 Now includes 100 recipes for preventing and reversing heart disease from the The great cholesterol cookbook.

dark side of statins: Ghost-Managed Medicine Sergio Sismondo, 2018

dark side of statins: Geriatric Gastroenterology C. S. Pitchumoni, T. Dharmarajan, 2012-07-26 As aging trends in the United States and Europe in particular are strongly suggestive of increasingly older society, it would be prudent for health care providers to better prepare for such changes. By including physiology, disease, nutrition, pharmacology, pathology, radiology and other relevant associated topics, Geriatric Gastroenterology fills the void in the literature for a volume devoted specifically to gastrointestinal illness in the elderly. This unique volume includes provision

of training for current and future generations of physicians to deal with the health problems of older adults. It will also serve as a comprehensive guide to practicing physicians for ease of reference. Relevant to the geriatric age group, the volume covers epidemiology, physiology of aging, gastrointestinal physiology, pharmacology, radiology, pathology, motility disorders, luminal disorders, hepato-biliary disease, systemic manifestations, neoplastic disorders, gastrointestinal bleeding, cancer and medication related interactions and adverse events, all extremely common in older adults; these are often hard to evaluate and judge, especially considering the complex aging physiology. All have become important components of modern medicine. Special emphasis is be given to nutrition and related disorders. Capsule endoscopy and its utility in the geriatric population is also covered. Presented in simple, easy to read style, the volume includes numerous tables, figures and key points enabling ease of understanding. Chapters on imaging and pathology are profusely illustrated. All chapters are written by specialists and include up to date scientific information. Geriatric Gastroenterology is of great utility to residents in internal medicine, fellows in gastroenterology and geriatric medicine as well as gastroenterologists, geriatricians and practicing physicians including primary care physicians caring for older adults.

dark side of statins: The Paleo Cardiologist Jack Wolfson, 2015-06-02 A drug-free program for cardiac fitness. Do you take drugs for cholesterol or high blood pressure? Are you looking to avoid a heart attack or stroke? The Paleo Cardiologist is about finding the cause of heart problems, instead of the typical Band-Aid fixes of conventional medicine. The truth is that heart disease can be prevented naturally and cardiologist Dr. Jack Wolfson will show you how. You can trust Dr. Wolfson. For sixteen years he worked as a hospital cardiologist performing coronary angiograms and pacemakers. After meeting his chiropractor wife, Dr. Wolfson now runs a very successful holistic cardiology office. Inside The Paleo Cardiologist, you will learn: 1) Paleo Nutrition is the food plan for health 2) The importance of cholesterol to every cell in the body 3) How to avoid pharmaceuticals and skip the dangerous procedures 4) Why stress is bad for your heart and how to relax 5) How to get rid of the chemicals and heavy metals 6) Sleep is critical for heart health and how to get more Z's 7) The Top 20 supplements for heart health 8) The Top 20 blood tests you need Get informed. Get empowered. Read The Paleo Cardiologist, the natural way to heart health.

dark side of statins: Shattered Dreams Colin Burgess, 2019-05-01 Shattered Dreams delves into the personal stories and recollections of several men and women who were in line to fly a specific or future space mission but lost that opportunity due to personal reasons, mission cancellations, or even tragedies. While some of the subjects are familiar names in spaceflight history, the accounts of others are told here for the first time. Colin Burgess features spaceflight candidates from the United States, Russia, Indonesia, Australia, and Great Britain. Shattered Dreams brings to new life such episodes and upheavals in spaceflight history as the saga of the three Apollo missions that were cancelled due to budgetary constraints and never flew; NASA astronaut Patricia Hilliard Robertson, who died of burn injuries after her airplane crashed before she had a chance to fly into space; and a female cosmonaut who might have become the first journalist to fly in space. Another NASA astronaut was preparing to fly an Apollo mission before he was diagnosed with a disqualifying illness. There is also the amazing story of the pilot who could have bailed out of his damaged aircraft but held off while heroically avoiding a populated area and later applied to NASA to fulfill his cherished dream of becoming an astronaut despite having lost both legs in the accident. These are the incredibly human stories of competitive realists fired with an unquenchable passion. Their accounts reveal in their own words—and those of others close to them—how their shared ambition would go awry through personal accidents, illness, the Challenger disaster, death, or other circumstances.

dark side of statins: Top Screwups Doctors Make and How to Avoid Them Joe Graedon, Teresa Graedon, 2012-09-11 A primary care doctor is skeptical of his patient's concerns. A hospital nurse or intern is unaware of a drug's potential side effects. A physician makes the most "common" diagnosis while overlooking the signs of a rarer and more serious illness, and the patient doesn't see the necessary specialist until it's too late. A pharmacist dispenses the wrong drug and a patient dies as a

result. Sadly, these kinds of mistakes happen all the time. Each year, 6.1 million Americans are harmed by diagnostic mistakes, drug disasters, and medical treatments. A decade ago, the Institute of Medicine estimated that up to 98,000 people died in hospitals each year from preventable medical errors. And new research from the University of Utah, HealthGrades of Denver, and elsewhere suggests the toll is much higher. Patient advocates and bestselling authors Joe and Teresa Graedon came face-to-face with the tragic consequences of doctors' screwups when Joe's mother died in Duke Hospital—one of the best in the world—due to a disastrous series of entirely preventable errors. In *Top Screwups Doctors Make and How to Avoid Them*, the Graedons expose the most common medical mistakes, from doctor's offices and hospitals to the pharmacy counters and nursing homes. Patients across the country shared their riveting horror stories, and doctors recounted the disastrous—and sometimes deadly—consequences of their colleagues' oversights and errors. While many patients feel vulnerable and dependent on their health care providers, this book is a startling wake-up call to how wrong doctors can be. The good news is that we can protect ourselves, and our loved ones, by being educated and vigilant medical consumers. The Graedons give patients the specific, practical steps they need to take to ensure their safety: the questions to ask a specialist before getting a final diagnosis, tips for promoting good communication with your doctor, presurgery checklists, how to avoid deadly drug interactions, and much more. Whether you're sick or healthy, young or old, a parent of a young child, or caring for an elderly loved one, *Top Screwups Doctors Make and How to Avoid Them* is an eye-opening look at the medical mistakes that can truly affect any of us—and an empowering guide that explains what we can do about it.

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