

[IMAGE]

Beware of Statins

High cholesterol and arthritis are common conditions that continue to be on the rise and so are statin drugs, which are the most widely used prescription drugs on the market for these conditions.

These drugs carry a long list of side effects that can create a number of other health-related problems that can have impact on your daily life.

Two studies recently published showed some of the adverse effects of taking statin drugs. The first one published in Archives of Internal Medicine, was conducted by researchers at the University of California, San Diego, and involved more than 1,000 adults.

The study found that one of the most prevalent side effects of statins was extreme fatigue or decreased energy, the occurrence of fatigue-with-exertion or decreased energy.

The researchers found that participants who received statins were considerably more likely to rate their energy and fatigue-with-exertion as "much worse" than those given placebo.

In another study recently published in the Journal of Internal Medicine statin use was associated with a higher prevalence of musculoskeletal pain, particularly in the lower extremities, among individuals without arthritis. Evidence that statin use was associated with musculoskeletal pain among those with arthritis was lacking.

Both of these studies note that findings should be taken into consideration patients when considering taking these types of drugs to alleviate or deal with other health related issues.

Make sure to talk to your chiropractor about the use of statins.

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