

Re: Statin – CoQ10 suppression (Arch Neurol, 6/04)

Source: <http://sci.tech–archive.net/Archive/sci.med.cardiology/2004–09/1777.html>

From: John Merlano (*someone_at_home.somewhere*)

Date: 09/21/04

Date: Tue, 21 Sep 2004 10:44:18 -0400

On Sun, 19 Sep 2004 04:58:44 GMT, Sharon Hope wrote:

Doesn't supplementing with CoQ10 help solve the problem of statins preventing the body from making it? Something like 100 mg of CoQ10 in softgel form?

> *Hardly a surprise finding. The body creates CoQ10 in the mevalonate pathway. Statins interrupt this pathway upstream of the CoQ10 production. This short-circuiting of the process makes it impossible for the body to produce this nutrient that is so essential to the mitochondria.*

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> *Such study findings are roughly equivalent to "when the faucet turns off, the water flow stops." Necessary to measure the absence of the water, though, for all those who will doubt it.*

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> *"ChuckMSRD" <chuckmsrd@aol.com> wrote in message*

> *news:20040918065726.15331.00000665@mb–m22.aol.com...*

>> *1: Arch Neurol. 2004 Jun;61(6):889–92. Related Articles, Links*

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>> *Atorvastatin decreases the coenzyme Q10 level in the blood of patients at risk*

>> *for cardiovascular disease and stroke.*

>>

>> *Rundek T, Naini A, Sacco R, Coates K, DiMauro S.*

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>> *New York, NY 10032, USA.*

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>> *BACKGROUND: Statins (3–hydroxy–3–methylglutaryl coenzyme A reductase inhibitors) are widely used for the treatment of hypercholesterolemia and coronary heart disease and for the prevention of stroke. There have been various adverse effects, most commonly affecting muscle and ranging from*

>> *myalgia to rhabdomyolysis. These adverse effects may be due to a coenzyme*
> *Q(10)*
>> *(CoQ(10)) deficiency because inhibition of cholesterol biosynthesis also*
>> *inhibits the synthesis of CoQ(10). OBJECTIVE: To measure CoQ(10) levels in*
>> *blood from hypercholesterolemic subjects before and after exposure to*
>> *atorvastatin calcium, 80 mg/d, for 14 and 30 days. DESIGN: Prospective*
> *blinded*
>> *study of the effects of short-term exposure to atorvastatin on blood*
> *levels of*
>> *CoQ(10). SETTING: Stroke center at an academic tertiary care*
> *hospital. Patients*
>> *We examined a cohort of 34 subjects eligible for statin treatment*
> *according to*
>> *National Cholesterol Education Program: Adult Treatment Panel III*
> *criteria.*
>> *RESULTS: The mean +/- SD blood concentration of CoQ(10) was 1.26 +/- 0.47*
> *micro*
>> *g/mL at baseline, and decreased to 0.62 +/- 0.39 micro g/mL after 30 days*
> *of*
>> *atorvastatin therapy (P<.001). A significant decrease was already*
> *detectable*
>> *after 14 days of treatment (P<.001). CONCLUSIONS: Even brief exposure to*
>> *atorvastatin causes a marked decrease in blood CoQ(10) concentration.*
>> *Widespread inhibition of CoQ(10) synthesis could explain the most commonly*
>> *reported adverse effects of statins, especially exercise intolerance,*
> *myalgia,*
>> *and myoglobinuria.*
>>
>> *PMID: 15210526 [PubMed – indexed for MEDLINE]*