

Re: drugs that deplete coq10

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From: Zee (zwalanga_at_yahoo.com)

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Helpful information on quantity and quality and approved brands of coq10. More on subscription.

<http://www.consumerlabs.com/results/CoQ10.asp>

Zee

Zee wrote:

- > *Statins, Dymelor, Micronase and Tolinase deplete coq10*
- > *Glucophage depletes coq10 and B12*
- > *Adapin, Aventyl, Elavil, Tofranil, Pamelor, Sinequan and Norpramin*
- > *Elavil and some pain killers prescribed for peripheal neuropathy*
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- > 02/02/05
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- > *Ken Baker Column*
- >
- > *Are the risks of nutrient depletion by statins excessive?*
- >
- > *Maintenance of healthy heart, nerve, brain, liver, and skeletal muscles*
- > *requires CoQ10. Deficiencies have reportedly given rise to congestive*
- > *heard failure, weakening of the heart muscles, attention problems,*
- > *delayed reflexes, cognitive decline and memory impairment. There is*
- no
- > *serious debate, CoQ10 is absolutely essential to the conversion*
inside- > *each cell of nutrients and oxygen to energy. Don't leave home without*
- > *it.*
- >
- > *Last week we reviewed how Walter, a reader of this column, avoided*
the- > *statin drug, Lipitor, by letting food be his medicine. That, coupled*

- > *with vigorous exercise, kept him drug free and enabled him to avoid the*
- > *risks of CoQ10 depletion.*
- >
- > *The average healthy body has stored approximately 2,000 mg of CoQ10.*
- > *Each adult uses about 500 mg a day. The average diet provides 5 mg*
- > *daily. Where does the rest come from? We make it ourselves.*
- >
- > *Our body synthesizes CoQ10. If there is not enough, supplements can*
- > *bring up the slack. Internal synthesis of CoQ10 takes place in the*
- > *liver, peaking at about age 21-- and by 30, the rate begins to*
- > *decline.*
- > *The process is similar to how the liver manufactures cholesterol.*
- When
- > *a statin reduces cholesterol production, it also restricts production*
- > *of CoQ10.*
- >
- > *Most of the 67 million people that orthodox medicine estimates are in*
- > *need of lifelong statin therapy are over age 50. Many were at risk*
- > *for*
- > *CoQ10 deficiency even before they started on the drug. The statins*
- > *increase the prospect of harm. Last summer, the "Archives of*
- > *Neurology"*
- > *published a study from Columbia University College of Physicians &*
- > *Surgeons reporting patients on Lipitor for 30 days had a 50 percent*
- > *fall in CoQ10 blood plasma levels.*
- >
- > *The drug company studies claim the risk is low, between .5 and 2.3*
- > *percent, depending on dose. That is somewhere between 335,000 and*
- > *1,540,000 people experiencing adverse events. Given that the drug*
- > *companies only select healthy people for their drug studies, it is*
- > *highly unlikely any of them were taking other drugs known to deplete*
- > *CoQ10. The risk of serious adverse effects is almost certainly*
- > *grossly*
- > *understated.*
- >
- > *When assessing the risks of statins, the cumulative effect of all*
- > *drugs*
- > *prescribed for the patient must be the focus of attention. It rarely*
- > *is.*
- >
- > *Heart disease is an especially serious problem for patients with Type*
- > *II diabetes. Common drugs for diabetics that deplete CoQ10 include*
- > *Dymelor, Micronase and Tolinase. Another commonly prescribed diabetic*
- > *drug, Glucophage, depletes not only CoQ10, but also vitamin B12, a*
- > *second risk factor for heart disease.*
- >
- > *The cumulative effect of these diabetic drugs recently became a*
- > *matter*
- > *for more concern. Last summer, in the "Annals of Internal Medicine,"*
- a

- > *prestigious journal with approximately 115,000 subscribers, it was*
- > *recommended that virtually all diabetics over 45 be prescribed a*
- > *lifetime regimen of statin drugs. Should we be surprised if*
- diabetics'
- > *rates of heart disease grow ever greater?*
- >
- > *People who are depressed may also be prescribed statins. Several*
- drugs
- > *commonly prescribed for depression deplete CoQ10: Adapin, Aventyl,*
- > *Elavil, Tofranil, Pamelor, Sinequan and Norpramin. Another reader,*
- > *suffering from neuropathy, was prescribed Elavil and two other pain*
- > *killers that deplete B12. Her doctor mentioned neither CoQ10 nor B12.*
- > *Yet these nutritional deficiencies are risk factors for the very*
- > *disease he was treating.*
- >
- > *Patients that are claimed to be at high risk because of elevated*
- > *cholesterol may also be taking other drugs targeting cardiovascular*
- > *disease. The following heart disease drugs may provide benefits, but*
- > *they may also have adverse effects on heart health. When combined*
- with
- > *statins, the total CoQ10 depletion could shift the balance from a net*
- > *benefit to an unacceptable risk. Those drugs include: Corgard,*
- Inderal,
- > *Lopressor, Betapac, Tenormin, Sectral, Biocardren, Aldomet, Catapres*
- > *and Apresoline.*
- >
- > *Orthodox medicine seems to have turned a blind eye to risks brought*
- on
- > *by nutrient depletion. Drug companies do not test for or report on*
- its
- > *consequences. The National Institutes of Health appears to be doing*
- > *little. The FDA is oblivious. It has been petitioned twice to require*
- a
- > *CoQ10 depletion warning for statins. So far, nothing.*
- >
- > *Of the near–dozen statin takers who wrote in response to last week's*
- > *column, only one reported being advised to supplement with CoQ10.*
- More
- > *broadly, last summer's Clinical Practice Guidelines for diabetics*
- from
- > *the American College of Physicians make no mention of CoQ10*
- > *supplements.*
- >
- > *What to do? When prescribed a drug, always ask your doctor if it*
- > *depletes any nutrients and, if so, what are the long term*
- consequences.
- > *Certainly, if prescribed a statin, ask, "Is CoQ10 right for me?"*
- >
- > *If you draw a blank with the doctor, try your pharmacist.*
- >
- > *Author and lawyer, Ken Baker is currently writing a book on*

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- > *20th-century psychiatry.*
- >
- > http://www.rxpnews.com/printer_297.shtml
- >
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- >
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