

# Re: Statin-associated Muscle Problems

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-06/msg01119.html>

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- *From:* <Hawki63@xxxxxxxxxxxxxx>
  - *Date:* Sun, 26 Jun 2005 20:20:14 GMT
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"Sharon Hope" <shope@xxxxxxx> wrote in message  
[news:VtydnTvviV\\_3cCPfRVn-qg@xxxxxxxxxxxxxx](mailto:news:VtydnTvviV_3cCPfRVn-qg@xxxxxxxxxxxxxx)

>

> <Hawki63@xxxxxxxxxxxxxx> wrote in message

> [news:Xjkve.4026\\$Bx6.2643@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxx](mailto:news:Xjkve.4026$Bx6.2643@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxx)

>>

>> "Sharon Hope" <shope@xxxxxxx> wrote in message

>> [news:sd6dnU5kysuoSiHfRVn-oQ@xxxxxxxxxxxxxx](mailto:news:sd6dnU5kysuoSiHfRVn-oQ@xxxxxxxxxxxxxx)

>>> Yes, but did you have a muscle biopsy showing ragged red fibers? That,  
>>> due to a placebo effect, would be an apples to apples comparison for  
>>> those who have had such diagnosis of their statin myopathy.

>>

>>

>> that makes no sense...even if I did have a muscle biopsy showing ragged  
>> red fibers,,it could not be placebo effect..

>>

>> if never on a statin...such a biopsy could not be blamed on a statin

>>

>> or am I missing your drift??

>

> Actually you made my point.

>

> Yes, muscle pain is often just muscle pain.

>

> However, your muscle pain on placebo would/did not bear up under  
> diagnosis.

>

> It is difficult (even with the pain scale) to compare pain among patients.

> Some patients actually commit suicide due to chronic pain (a friend of a  
> friend IME). Others withstand incredible pain.

>

> Your anecdote about the pain was interesting, and a reminder of the placebo  
> effect (and its inverse).

>

> However, I was trying to remind you that what you considered pain may or  
> may not compare to other statin patient's muscle pain.

>

> I've told it before, but my husband's explanation of his statin pain came

## Re: Statin-associated Muscle Problems

- > up in the course of bumping his finger. He had that morning reached to
- > pick up a fallen palm frond and accidentally jammed a splinter from the
- > stalk end (about the width & thickness of the wide end of a flat
- > toothpick) up under his fingernail and all the way through longitudinally
- > to the quick, erupting through the skin at that end of the nail. Palm
- > fronds are fibrous and expand with moisture, so the splinter swelled,
- > adding pressure under the nail, and attempts to remove it left some pieces
- > under the nail.
- >
- > Later in the day, as he reached for something and bumped the finger he
- > expressed pain, then turned to me to explain. You know, he said, this
- > finger really hurts, but the level of constant pain I am in from the
- > Lipitor is so high that, except for the moment when I got the splinter,
- > and times like this when I actually bump it, the pain from this splinter
- > is low enough by comparison that it is overcome by the chronic pain I feel
- > every hour, day and night, from the statin.
- >
- > Maybe your placebo pain was that strong, but I doubt it. Maybe your
- > placebo pain went on for over 7 1/2 years, as my husband's Lipitor pain
- > has – every minute of every day, 24 hours per day, 365 days per year, 366
- > on leap years – but I doubt it.
- >
- > And, certainly as you have confirmed, your placebo pain was not confirmed
- > by muscle biopsy to be structurally demonstrable, as is the muscle pain of
- > countless statin myopathy and myositis sufferers.
- >
- > Nor, although you do not say so, was your muscle pain confirmed to be
- > myopathy due to statin-induced mitochondrial dysfunction as confirmed by
- > chromatographic evaluation of exhalation gasses on a treadmill, as was my
- > husband's Lipitor-induced myopathy, myositis, and mitochondrial damage.
- >
- > Therefore, although you point is a good reminder that sometimes we can
- > talk ourselves into a cause for muscle pain that may just have been the
- > result of normal daily life, it is very wrong of you to imply to a person
- > who is taking statins and publicly complaining of muscle pain that they,
- > like you, may just be imagining the cause to be statin adverse effects.
- >
- > 1) The degree of pain is not comparable
- > 2) There is the option of muscle biopsy to show statin muscular and
- > mitochondrial damage
- > 3) There are metabolic tests to show statin mitochondrial damage
- > 4) There are the published statistics that show (most recently published
- > by paper presentation at the International CoQ10 Society conference, the
- > Canadian radio broadcast on statins, and Dr. Cohen's book) that muscle
- > pain and muscle damage is the #1 adverse effect of statins and of the 3
- > most common adverse effects of statins – muscle, cognitive, and
- > neurological damage – patients are experiencing at least one of the three
- > at a rate of between 15% to 30%.
- >
- > Thus, even though you had some muscle pain and were not on a statin, that
- > fact does nothing to discredit the pain felt by those on statins.

Re: Statin-associated Muscle Problems

- > Further, it is ABSOLUTELY NOT proof that their pain is unrelated to the
- > statin.
- >
- > As a nurse you are certainly a humanitarian, and I know you did not mean
- > to imply you were disputing the person with muscle pain statin adverse
- > effects. I just wanted to help you make that fact clear.
- >

thanks for that Sharon...you said it more clearly than I

the past few days have given me a new understanding of pain...I broke a bone in my foot...on a scale of 1-10..the pain was at least a 15!!

luckily it is beginning to diminish..I now can hobble around with the cast...the Percocet was actually making the situation worse..as it made my chronic headaches much worse and I was sooooo nauseated!!

who woulda thunk a small foot bone fracture could hurt like that??? it did..

- > Muscle pain and statin muscle pain are both very real. The causes of one
- > has nothing to do with the other. The verification of one has nothing to
- > do with the verification of the other.
- >
- >
- >>>
- >>>
- >>> <Hawki63@xxxxxxxxxxxx> wrote in message
- >>> [news:p70ue.2346\\$Bx6.1459@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx](mailto:news:p70ue.2346$Bx6.1459@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx)
- >>>>
- >>>> "Rita" <nitany\_98@xxxxxxxx> wrote in message
- >>>> [news:cc1hb1hpnkod4lkfsc7nkdm156j3g49bjt@xxxxxxxx](mailto:news:cc1hb1hpnkod4lkfsc7nkdm156j3g49bjt@xxxxxxxx)
- >>>>> On Tue, 21 Jun 2005 21:10:21 GMT, <Hawki63@xxxxxxxxxxxx> wrote:
- >>>>>
- >>>>>
- >>>>>> remember...I got the same muscle aches you did...on placebo!!!
- >>>>>>
- >>>>>> You did? Had your read about this possible side effect?
- >>>>
- >>>>
- >>>> Hi Rita...
- >>>>
- >>>> ever hear that nurses and doctors make the worst patients??
- >>>>
- >>>> tis true...
- >>>>
- >>>> actually had also watched hubby go thru bad aches and pains with
- >>>> Lipitor.....now has none with Pravachol
- >>>>



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- ◆ **Re: Statin-associated Muscle Problems**
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- Prev by Date: **Re: One cause of High Blood Pressure**
- Next by Date: **Re: One cause of High Blood Pressure**
- Previous by thread: **Re: Statin-associated Muscle Problems**
- Next by thread: **Re: Statin-associated Muscle Problems**
- Index(es):
  - ◆ **Date**
  - ◆ **Thread**