

## Re: Question for Sharon

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*Source:* <http://sci.tech--archive.net/Archive/sci.med.cardiology/2005-07/msg00479.html>

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- *From:* "Sharon Hope" <[shope@xxxxxxxx](mailto:shope@xxxxxxxx)>
  - *Date:* Sat, 9 Jul 2005 10:04:34 -0700
- 

<[Hawki63@xxxxxxxxxxxxxxxx](mailto:Hawki63@xxxxxxxxxxxxxxxx)> wrote in message  
[news:4ZJze.8200\\$Tc6.919@xx](mailto:news:4ZJze.8200$Tc6.919@xx)  
>  
> "Sharon Hope" <[shope@xxxxxxxx](mailto:shope@xxxxxxxx)> wrote in message  
> [news:UIdne3IP5xjsVlFRVn-sg@xxxxxxxxxxxxxxxx](mailto:news:UIdne3IP5xjsVlFRVn-sg@xxxxxxxxxxxxxxxx)  
>> Jason,  
>>  
>> Sorry, I was away from my computer for awhile.  
>>  
>> The 'rule of thumb' is 1 and 1/2 times the duration of the statin for a  
>> start of recovery.  
>>  
>> Dr. Golomb's presentation at the International Coenzyme Q10 Association  
>> conference had more details. I took notes, but you should write to the  
>> UCSD Statin Study to be certain you get the right findings.  
>>  
>> It was clear from her presentation that it takes months, plus or minus  
>> even more months, before any recovery is noticeable.  
>>  
>> Add more months (to years) for maximum recovery.  
>>  
>> According to her presentation, based on findings from a large database of  
>> people who suffered adverse effects from statins, including Atorvastatin  
>> (aka Lipitor), fluvastatin (aka Lescol), lovastatin (aka Mevacor),  
>> pravastatin (aka Pravachol), simvastatin (aka Zocor), rosuvastatin (aka  
>> Crestor), and cerivastatin (Baycol), the greatest recovery from statin  
>> memory loss is to 80% of the cognitive abilities before the statin.  
>> (She didn't mention red yeast rice, but that is exactly the same as  
>> Mevacor)  
>>  
>> Be aware, though, that for people who went on a second statin after  
>> recovering to 80%  
>> of their original cognitive abilities:  
>>  
>> 1- if the second statin was at the same effective dosage or higher, they  
>> had a ~95% incidence of suffering the same adverse effects  
>>  
>> 2- if the second statin was at a lower effective dosage, they had a ~50%

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>> incidence of suffering the same adverse effects  
>> (these numbers are from memory, they could be off by 5% or so)  
>>  
>> (for equivalent dosages, see the statin comparison table in Dr. Cohen's  
>> statin book)  
>>  
>> BEWARE, however, because for those who suffered cognitive damage again on  
>> a second statin, when they went off that second statin they were only  
>> able to recover to 80% of the damaged cognitive ability they had when  
>> starting the second statin.  
>>  
>> That means, if they recovered to the MAXIMUM of 80% on both the first and  
>> second statin (not all regain that much), they have been left with 80% of  
>> the 80% – IN OTHER WORDS, THEY ARE LEFT WITH ONLY 64% OF THEIR PRE-STATIN  
>> COGNITIVE ABILITIES. THAT IS BEST CASE.  
>>  
>> Also, Dr. Golomb presented similar recovery statistics on statin muscle  
>> damage and statin nerve damage.  
>>  
>> I am hoping the study will be published in writing, in addition to her  
>> 'publication by presentation,' as this is very important information for  
>> thousands of people.  
>>  
>> Be aware, too, that these are averages.  
>>  
>> In my husband's case, he has been off the Lipitor for over 3 1/2 years,  
>> having been on for 4 years at 10mg/day. He suffered massive cognitive  
>> damage. It was over 2 years before he showed any improvement at all. He  
>> is still disabled to the degree that he could not hold a job, but he is  
>> improving. Not even close to 80% of his former abilities yet, he still  
>> is testing in the 'impaired' range for some NP measurements.  
>>  
>> Twice a CEO, recovering to that level of functioning is unlikely.  
>>  
>> OTOH, there is always hope, and time may provide more answers for the  
>> people  
>  
> Sharon  
>  
> in all your consultations and such..I would be curious if you have been  
> told that your hubby's degree of cognitive damage is about the worst seen  
> or reported??  
>  
> just curious...

Certainly he is on the worse end of the spectrum, but no, we personally know some people who had equivalent or even worse statin-caused cognitive damage.

Yes, we might be in a position to know more people because of the Smart Money article and my posts, but if you think about it, people who read Smart Money Magazine for statin drug information in one month, plus the people who

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read smc ng represent a very very tiny slice of the population.

There are far more people out there than you would guess who have had statin cognitive damage exactly like my husband and even worse–off than my husband.

Far more than you can imagine.

Far more than your worst nightmare.

Not outraged yet?

Remember, this cognitive damage is PREVENTABLE.

It could be prevented or minimized quite readily in people now starting statins if only the FDA, the NIH NHLBI, the AHA, the ACC, and the pharmaceutical companies making the statins Lipitor (Atorvastatin), Lescol (fluvastatin), Mevacor (lovastatin), Pravachol (pravastatin), Zocor (simvastatin), Crestor (rosuvastatin), and Baycol (cerivastatin), made certain that the prescribing doctors AND THE PATIENTS AND THEIR FAMILIES were forewarned to watch for any indication of cognitive adverse effects.

But then, how much cognitive damage is acceptable to stay on a statin? Will the patient be complacent to have measurable cognitive damage after only 6 months, falling behind the normal population and unable to learn – just as the statin groups in Muldoon's studies – if it weren't particularly noticeable?

Will the patient accept losing, say 25% of their initial cognitive ability?  
How about 50%?

If doctors don't monitor for cognitive loss, they will NOT find it.

Patients do NOT recognize it early, and do not recognize memory loss (how can you remember that you should remember something you cannot remember). Read any Alzheimer's literature, and it will tell you the exact same thing – that the patient is the LAST one to recognize memory loss.

Co–workers, employers, and family recognize it. There are many, many reports where co–workers 'turned in' the patients who developed statin cognitive damage – often for safety reasons. Even then, unfortunately, the patient or family or doctor may be unable or unwilling to relate the condition to the statin, prolonging the statin and exacerbating the damage.

No, there are far too many like my husband, scoring below the 1 to 10 percentile in short–term memory on NP tests due to statin damage. Far too many experiencing repeated bouts of amnesia.

THIS IS A PREVENTABLE CONDITION. It is unconscionable that it is not being proactively prevented.

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> and hoping there is still hope for you all

>

>

>

>> in Dr. Golomb's database, and for the thousands more who are losing their  
>> memories to statins as you read this.

>>

>> Our cardiologist mentioned a patient who was on a weaker statin, but was  
>> put on Lipitor when his medical insurance company decided to put all  
>> their insurees on the same statin. Within a few months he lost his job,  
>> due to extreme and profound short-term memory loss. When he quit the  
>> statin, it was more than a year before he could work again.

>>

>> Like you, this man was only on the statin for a few months.

>>

>> Please be certain you contact the UCSD Statin Study and fill in their  
>> questionnaire. It sounds like you have experienced both of the most  
>> common statin side effects:

>>

>> Muscle pain and damage

>> Cognitive damage

>>

>> "Jason" <jason@xxxxxxxx> wrote in message

>> [news:jason-0707050923230001@xx](mailto:news:jason-0707050923230001@xx)

>>>

>>> In a recent post you made the following statement:

>>>

>>> "As the toxic effects of the statins fade and the healing begins..."

>>>

>>> My muscle problems are getting better as the toxic effects of the  
>>> statins fade.

>>>

>>> However, my memory problems are not fading away. I hope that they do  
>>> fade

>>> away in the months to come. Are there any ways to make the toxic effects  
>>> of statins fade away more quickly?

>>>

>>> I seem to recall reading many years ago that once brain cells are  
>>> damaged,

>>> that they are NEVER replaced. For example, during my employment, we had  
>>> to

>>> treat some people that had brains that were damaged by illegal drugs

>>> during their teen years. Those people were over thirty years old and

>>> their

>>> brains were still damaged.

>>>

>>> Is it possible that statins have killed some of my brain cells and for  
>>> that reason—I won't ever fully recover?

>>>

>>> Thanks in advance,

>>> Jason

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>>>  
>>> ---  
>>> NEWSGROUP SUBSCRIBERS MOTTO  
>>> We respect those subscribers that ask for advice or provide advice.  
>>> We do NOT respect the subscribers that enjoy criticizing people.  
>>>  
>>>  
>>>  
>>  
>>  
>  
>

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• *Follow-Ups:*

- ◆ *Re: Question for Sharon*  
    ◇ *From: Hawki63*

• *References:*

- ◆ *Question for Sharon*  
    ◇ *From: Jason*
- ◆ *Re: Question for Sharon*  
    ◇ *From: Sharon Hope*
- ◆ *Re: Question for Sharon*  
    ◇ *From: Hawki63*

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