Statins Side Effects in Muscles

Statins are a classification of drugs used to lower cholesterol level. They are prescribed for people with cardiovascular disease and high cholesterol. Statins are effective in the early stages of cardiovascular disease but statin side effects are found in long-term use. Ten to fifteen percent of people who submit to therapy with statins end up with muscle damage. Statin side effects include myositis, a painful inflammation of the muscles, and elevated levels of CPK (creatine kinase) a muscle enzyme that causes muscle weakness and pain. A rare but deadly statin side effect is rhabdomydolysis, an extreme muscle inflammation which completely breaks down muscle, releasing protein and damaging the kidneys. This can lead to kidney failure and death. Choosing lifestyle modifications with a goal of getting off statins, or the preventative measure of not taking statins in the first place, is probably the best advice for a patient seeking to lower their cholesterol level.

Statin side effects could be avoided in some patients committed to diet and exercise alternatives to lower cholesterol. Lifestyle changes designed to lower cholesterol may include exercise, better nutrition, stress management, state of mind, and strong relationships in your life. Exercise should start within your current fitness level. A twenty-minute brisk walk with a goal toward thirty minutes or more of cardiovascular activity such as swimming, playing tennis, or jogging should be included in your routine. Repeated exercise three or four times a week at a minimum is helpful for lowering cholesterol. Nutrition should include lean protein. Sugars and processed foods should be eliminated. A high-quality krill or fish oil supplement with omega-three fatty acids is also very beneficial.

Statin side effects include a lower rate of exercise among people using it for long term, as statin compromises muscles on a cellular level. A recent study which shows higher inactivity levels among men with long-term statin use is not surprising. A study in 2005 was performed with young, healthy individuals. Exercises performed by people on statin show a different genetic profile than un-medicated people doing the same exercises. The genes associated with muscle growth, repair were "down regulated" or not showing as robustly as the unmediated group.

Statin side effects at a cellular level happen because it blocks CoQ10. CoQ10 is needed for the health of a cell's mitochondria. It is a powerful antioxidant which jump starts cell production. The blocking of CoQ10 results in oxidative damage to the cellular mitochondria which can result in heart and skeletal muscle damage. Many trained athletes can't use statin as the muscle pain is too great. Make sure to discuss individual goals with your doctor regarding statin benefits verses side effects.

Stress management is essential for heart health. Methods used to combat stress include yoga, exercise, and meditation. Learn how to say no to events and situations which might reach beyond your personal, psychological or professional limits. Identifying your limits and not exceeding them will decrease stress. Avoid people who stress you out. Take control of your surroundings. If long traffic commutes provoke stress try different modes of travel, such as the subway, bus or biking.

Activities which can lower stress include listening to music, playing with a pet, reading a book, writing in a journal, taking a long bath and getting a massage. Do something you really enjoy

every day. Set aside a certain amount of time just for you without interruptions. Become determined in changing your lifestyle for the better.

People make lifestyle modifications every day and are successful in lowering their cholesterol levels naturally. Discuss with your doctor the benefits of behavior modification and reap the benefits of potentially waning off statin drugs to minimize side effects.