

Warning! Rhabdomyolysis

All athletes, both amateur and professional, including body builders, need to be aware of a very serious musculoskeletal damaging condition known as rhabdomyolysis (or crush syndrome). This is a dangerous medical condition which can be characterized by major shock and possible renal (kidney) failure, following the breakdown of musculoskeletal tissue and the release of myoglobin. This release can result in myoglobinuria, and kidney damage. This mechanism is the release of muscle breakdown byproducts into the bloodstream. The most notable byproducts are myoglobin, potassium, and phosphorus which are the byproducts of rhabdomyolysis.

An extreme example of this reaction would be an injury sustained from having a limb crushed in a severe accident. I am referring to an extreme physical trauma that could lead to death. This reaction is not something one would prefer to occur under any circumstance. Unfortunately, rhabdomyolysis is a potential side effect of statin (cholesterol lowering) drug use, which can result in a reaction equivalent to that which occurs from a serious physical trauma without said physical trauma actually occurring.

I'm simply stating that some serious thought needs to be put behind the decision to consume or prescribe a product capable of such destructive potential to the musculoskeletal system. In my opinion, a physiological medical line of thought needs to occur before said effects have spread onto the healthcare market and cause injuries, or worse to so many people.

Some early side effects of rhabdomyolysis are:

- Deep muscular aching, muscle tightness, cramping, and muscular fatigue (symptoms may be greater in larger muscle groups like the back and legs).
- More severe cases may present with diagnosis of myopathy and neuropathy, often non-responsive to standard care.