

Statin Drug Side Effects

A primary side effect of statin drugs is rhabdomyolysis. Which is a breakdown of skeletal muscle which releases myoglobin, and results in myoglobinuria and kidney damage. This mechanism is the release of broken-down muscle products, most notably myoglobin, potassium, and phosphorous byproducts of rhabdomyolysis. A reaction from a drug that very closely resembles what would physiologically happen in a life-threatening injury, such as having one's leg crushed in a severe accident.

My experience with patients has shown that long term use of statin medication tends to produce the following side effects:

- Congestive heart failure
- Dementia
- Amnesia
- Liver damage
- Kidney damage
- Muscle damage
- Nerve damage
- Respiratory problems
- Cognitive deficit
- A possible 50% increase in diagnosis of Alzheimer's disease
- Loss of libido
- Erectile dysfunction
- Cancer
- Chronic fatigue
- Irritability
- Swelling in the legs
- Many more