

Bellevue Medical Partners, PLLC

Statin Drugs and Diabetes Risk Understanding the Facts

INSIDE THIS ISSUE:

Statins and Diabetes	1
Statins, Continued	2
Important Office Reminders	2
Travel Reminders	2

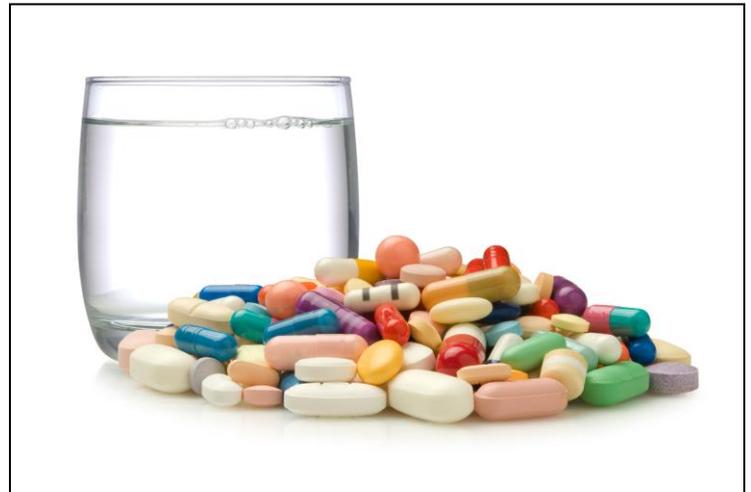
"It is important to realize that there is an association between diabetes and statins, but we don't have clear information to suggest a cause and effect relationship."

In 2012 the FDA issued a warning on statin drugs that there may be increased risk of developing diabetes. Also, patients who have diabetes may have worsened control of their blood sugars. There has since been ongoing debate and analysis of this issue. You may have heard or read about this in the news. Let's try to clarify these issues.

Is there a real risk for me?

Data has been mixed in analysis of clinical trials as to whether or not there is increased diabetes risk with statin use; some data shows higher risk, some shows lower risk, and some shows no difference. It is important to understand a couple of key points in looking at this information. No studies have been done to specifically look at an association between statins and diabetes. These observations come from studies looking at other issues. The result is a lack of clear data showing a cause and effect relationship between statins and diabetes.

We can understand this in the context of other things as well. For example, our country has



seen an increased use of organic food at the same time as we have seen a significant increase in obesity and diabetes, which can occur even in those people who eat organic food. However, this does not at all mean that organic food was the cause of this, and in fact there is plenty of data to show that a balanced diet and exercise significantly reduces the incidence of diabetes.

Similarly, when we evaluate this information on statins, it is important to realize that there is an association between diabetes and statins, but we don't have clear information to suggest a cause and effect relationship.

Does it matter which statin I am on or what dose?

The abbreviated answer is

that we don't have any clear evidence for an increased association with one statin over another nor do we have clear information regarding low vs high dose statins. Studies are mixed in this area.

What is the associated risk increase anyway?

Looking at the mixed data, association suggests a possible absolute risk increase of 0.4% of development of diabetes.

So is my statin worth taking?

While 1-2 out of 1000 patients on statins will develop diabetes each year, 9 patients will have prevented a stroke, heart attack, death, stent, or bypass procedure by virtue of the same medication. This benefit is present for people with and without diabetes.

*“Experts agree that the **benefits** of statins for those patients who are at risk for or who have established cardiovascular disease far outweigh any **negative association with increased blood glucose**”.*

Statins, continued

Should I stop my statin because I'm concerned about diabetes?

No! Experts agree that the benefits of statins for those patients who are at risk for or who have established cardiovascular disease far outweigh any negative association with increased blood glucose.

I already have diabetes, what should I do?

Glucose can be followed more closely after starting a statin with an adjustment to your diabetes medications if needed. More importantly, if you have diabetes you are at much higher risk of cardiovascular disease. Everyone agrees that your statin is a very important part of the prevention and

treatment of cardiovascular events and death.

I still have questions about how this matters for me.

As with many of these topics, the information can get easily confusing. We encourage you to discuss any of your questions with us. Feel free to talk to Dr. Williams, Dr. Kaner, or Dr. Mills next time you are in the office!

Office Reminders

The office will be closed on Memorial Day, Monday March 26th. Please call the office at 425-637-1022 for any needs that day and choose the option for the on-call doctor to be paged if you need assistance.

During evening hours and weekends, be sure you listen to the entire recording for the office each time you call! You should choose the option to have the on-call doctor paged for any immediate needs that you have and you will be prompted to leave a message with your name and phone number. The system will then page the on-call doctor. If you choose the option to leave a general voicemail message instead of the option to have the doctor paged, we will not receive those messages until the next business day.



Vacation Dates

The physicians have the following upcoming vacation dates. Remember that when one physician is away, the other two physicians will be available to meet your needs.

Dr Kaner: March 14-23, April 24-25

Dr Mills: April 7-13

Dr Williams: March 8-11, April 11-21, June 21-29

★ ★ ★ ★ ★ ★ ★ ★ ★ ★
Look here:

You must choose the correct option from the voice messaging system to have the on-call doctor paged!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Contact us:

Phone: 425-637-1022

Fax: 425-637-2011

Feel free to use e-mail, but for urgent needs, please remember to call us as there may be a delay in e-mail until the next business day.

Planning International Travel?

If you provide us with your travel itinerary, we can help you plan for your medical needs during the trip. This includes immunization needs, malaria prophylaxis, and other travel needs such as medication in case of nausea, seasickness, traveler's diarrhea, or other issues specific to your health needs. Once we evaluate your needs, we will refer you to a local pharmacy if needed for any travel vaccines that we do not carry in the clinic. It is best to contact us as soon as your travel itinerary is clear; having at least one-month's notice for preparation is adequate for most vaccine needs. We can also help you plan for last-minute trips as needed.