

THE TREATMENT AND PREVENTION OF ATHEROSCLEROSIS WITH STATINS: DIFFERENT DOSES INFLUENCE SIDE EFFECTS

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OBJECTIVES: Atherosclerosis leads to fatal complications such as coronary heart disease (CHD) and cerebral circulation disorders (CCD). The aim of the study is to investigate the treatment of atherosclerosis with statins and find out the optimal dosage leading to the best results with minimum side effects.

MATERIALS AND METHODS: Male and female patients from the Department of Cardiology and the Investigation Center of Atherosclerosis in the National Center of Therapy of Georgia were enrolled in the study. The patients were given different doses of statins for one year. The investigated patients have been on outpatient monitoring, and were suffering CHD and CVD (clinically affirmed) for a long time. Patients taking antilipid therapy before were enrolled in the study. Patients who suffered from myocardial infarction and cerebral stroke earlier than 2 years left the investigation too. All females enrolled in the study were postmenopausal.

RESULTS: There were improvements in lipid profile and vessel changes, and the optimal range for patients with liver dysfunction and CKF were achieved.

CONCLUSION: The results of this study are not only interesting but also very useful for the optimization of statin doses and prevention of side effects and complications influenced by statins. However, long-term investigations are still needed to determine the optimal dosage for statins leading to optimal treatment and minimal side effects. This study performed the modern scheme for statin therapy based on permanent observation of clinical parameters such as lipid profile, vessels disorders, liver function and CKF.

Keywords: Atherosclerosis, Statin therapy, Side effects