

## Appendix: All signatures comments

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Diet & exercise are, in the end, the only solution and I think we all know this but do not want to accept it (myself included) as it means we have to get up off our bums & start moving !!!!!

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My CHOLEASRRROL IS DOWN AFTER O TOOK RAZEL 5MG.but side effects continue. slide headache

now what to do...I am worried as I can't be for lifetime on drugs....as there has to be a way out to protect vital organs.

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Been on Simvastatin 40mg since end of Sept 2008 - prescribed by my GP following suspected stroke that was not a stroke as it turns out (CT scan showed no evidence). My cholesterol was 10.8 and combined with extremely high blood pressure and a history of heart attack in the family I followed GP's advice. A couple of days after starting the tablets I experienced bad pains in my neck and shoulder - it makes work difficult and driving uncomfortable too. Going to demand that I am given an alternative

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Unless you go to an alternative doctor be prepared to be ignored if you bring up the cholesterol/statin contrarian view. The protocols are very rigid for the main stream professionals and they fear to disagree...

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IN THE PAST 3 YEARS I HAVE BEEN ON LIPITOR.

I HAVE HAD DIARREAH FOR 8 WEEKS, UPPER RESPIRATORY INFECTIONS , PHNUMONIA, ASTHMA, 2 MINI STROKES, KIDNEYS STONES , URINE COKE COLOUR, A FLUID BLOCKAGE TO KIDNEYS , STENT PUT IN THEN 1 MONTH LATER STONES REMOVED LUCKY I DID NOT HAVE RENAL FAILURE, THEN A BLOOD CLOT WAS FOUND IN CALF OF LEG, 2 MONTHS NEEDLES IN TUMMY AND WARFARIN, THEN MORE HOARSE VOICE, UPPER RESPIRATORY 2 MONTHS ANTIBIOTICS BRAIN FOG INSOMNIA, COLLAPSING , NO MUSCLE CONTROL LEFT WORK

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My PCP tried virtually every statin on me, they all attacked my joints in particular. Shoulders, foremost, knees secondarily.

I've quit taking them all.

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I took Lipitor for two years My muscles started wasting away and I could hardly have the strength in my legs to walk. It is now two years since taking any statin and I am building my musc les strength up by swimming. My Doctor says I must be allergic to it???

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i stopped rosuvastatin 20mgs 7 months ago (i had previously been on simvastatin /atorvastatin -family history of raised choleresterol but low cardiac risk . i developed (after 12 months on rosuvastatin severe myopathy and peripheral neuralgia -i have seen my gp on several occasions and have been prescribed amitryptiline for the nueritis . this is a

nightmare - i have had classic side effects -neck /shoulder pain ,hip pain and severe knee pain -i feel i am fighting a losing battle .

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I was taking a low dose Lipitor that was doubled by the M.D. Within 2 weeks of taking the increased amount, I experienced bilateral "frozen" shoulders. I immediately stopped the Lipitor. I could not put my hair in a ponytail, as I could not raise my arms up or rotate them. I could not reach into my back pockets, or shave under my arms. It has been almost two years now, and I have worked hard to regain movement, but I still lack the range I once had.

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This current adherence to "the lipid hypothesis" is the biggest fraud in the health of the United States, and now the world.

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Get rid of STATIN drugs. They are dangerous to a person health.

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As a nutritional therapist I just can't understand why statins are allowed. Is there any serious, unbiased evidence in favour of them? Vitamins and minerals are a far more natural approach, but unfortunately there is no money to be made in patenting them so they are always overlooked. I have personally had good results with them.

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Have taken Simvastatin for several years.

Side effects: Insomnia and muscle pain in legs,

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I am concerned about the co-enzyme Q10 lowering effects of statin drugs. This was recognised in a Merk patent but apparently never acted on.

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Zocor made it so my husband could hardly do anything due to muscle pain - 5 weeks off and marked improvement noted.

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After taking 20 mg of Lipitor for several weeks, I experienced severe constipation even though I consumed plenty of fiber. Also, I believe the drug interacted with the SSRI I was taking for depression. I almost passed out while driving on the freeway to work. My depth perception and reaction time were severely impaired. After the second episode of almost passing out, I stopped taking Lipitor. It took about a month for my driving skills to return to normal.

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Male, Ph. D. At 65, Lipitor for 7 months: side effects: dry skin, brittle nails, joint pain in fingers and knees, flatulence, mental confusion, irritability, nerve tingling in arm. Took a year off drug to eliminate all side effects. Now 70 and opposed to statin use as other friends have had similar problems.

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I took statins for 3 years and they ruined my life. I was so sore I could hardly walk up the stairs, I was tired and depressed and had a very seriously depleted immune system. Obviously I still have high cholesterol and feel great with it. I don't have it tested anymore as I don't wish to hear any further preaching about the fact that I should be absorbing poison on a daily basis. Statins are the devil's work. Fibrates are worse still. Even Red yeast rice falls into the same category in my book.

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I know personally many long-term statin users, and they all suffer from serious health problems caused by the medication.

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My 80 year old father, previously very fit, was prescribed statins 18 months ago. He suddenly developed foot-drop, leg weakness and loss of balance. Despite stopping the statins, he continued to deteriorate and now he cannot even walk across the room unaided. His condition is pitiful to see. We are convinced his neuropathy is a result of his being given statins. The doctors refuse to admit any possibility that there is a link. It is time to warn people about these drugs.

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Statins are not the answer, let us educate people to eat and live a healthier life without the quick fix of drugs

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Too many problems while taking them.

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Within a few weeks of being prescribed a daily dose of 20mg. Lipitor I felt disorientated, had fogginess of thinking and confusion. Soon afterwards my gait changed and I have since been diagnosed with Parkinson's disease.

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My wife has been on pravastatin for eight months suffered with pain in all her muscles  
She tried to show her Doctor a computer list that showed Pravastatin might be the cause. He refused to look at it and stated, "I didn't get my medical degree on a computer. Last week she was diagnosed with Lymphoma on her left lung. I'm sure pravastatin caused her cancer. She's 75 years of age. If you have any information on lymphoma and this drug I would appreciate it.

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One night while drying dishes, I couldn't remember where the plates were kept. I had been on a statin for about 10 years. Having heard that cognitive impairment can be a side effect of these drugs, I discontinued the drug. I have been off it for 4 months and no longer have problems with my memory. I also fell into a deep depression in 2006, from which I have only recently emerged, thanks to sertraline and a psychiatrist. Now I hear that statins deplete serotonin! These drugs are bad news!

My grandmother was on 40 mg of Lipitor daily. Her short term memory gone for 2 yrs. Recently I took her off and presto she is herself. I don't think people realize with memory loss comes malnutrition, dehydration, infection and death. Why are we treating the wisest generation with a plethora of historical knowlegde and who want to have a legacy as if they are worthless until their wills are read? Younger Americans should be ashamed of themselves but they aren't. What is happening???

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I took 3 pills of Lovastatin. It took 18 months to get the drug out of my body. I ended up in the ER, twice and was told I was anxious & they gave me a pill for anixety. I did not take it. According to the BS guide lines on the cholesterol charts I have high cholesterol & Dr's. continue to tell me I MUST take a statin to get it down. I will not. I exercise & eat healthy that's enough!!!

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My mother had a violent reaction to Simvastatin that sent her into a 3 year long medication hell for the actual heart problems caused by the drug. This caused a remarkable reduction in her quality of life until she died recently. The statin drug poisoning and further complications from cancer chemo therapy proved more than this lovely old lady could handle. Actual cause of death while on Marewan was brain hemorrhaging.

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Not sure how valid my comment will be, since I did some research first and refuse to take the simvastatin 40mg. My Chol. elevated for some reason(?) 232tot. LDL157 HDL57 (good) Triglicerides dropped to 91, Glucose 87. Doppler test on the carotids, note from Dr. "some build up" along with 40mg. prescript. Fortunately, received my cardio report "no significant abnormalities, mild cholesterol plaque, no blockages seen" Annoyed that I would have been prescribed 40mg! Frightening

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Hurting people for profit is criminal. No one should get away with it. People deserve to know the truth. Suggesting that children take statins is worse than criminal. It's twisted and disgusting. The time is now to end the misuse of this essentially useless and damaging drug.

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Whole adult life, cholesterol 220-260, like my mother's, a dietitian & extremely health conscious. Took Zocor 20mg. In third month, got unbearable itchy rash on legs, arms, torso. Stopped Zocor but my cholesterol level had dropped to 220 from 250. I tried again with Pravachol 10mg (equals Zocor 5mg). After 1 month, developed mild leg cramps upon arising in the morning. After one of my fingers seized up 2 days in a row, I stopped Pravachol. I don't intend to go back on any statin.

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I took the Statin drug for 6 months. I had a minor muscle ache during the time but nothing unbearable. Then I realized that I had considerably low Libido. I consulted the doctor and was told to stop the medication for six months and recheck. I will never be prescribed statins again. All depends on my tests 6 months from now.

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On the 29th day of taking Lztqipotor I had global memory loss. I could not remember I had 5 children. I stopped taking

Lipitor and 2 days later my memory returned.

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I was on simvastatin for approximately 40 days. In that period of time my feet and hands started to feel numb or swollen, my knees grew weak and my back started to hurt. I seemed to age 5 years. I was taking no other drugs during this time.

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WF 56, on statins 2 yrs 8 months.

Zocor 20 mg 1 year 8 mos. Vytorin ( zettia Plus statin )10/40 mg for 1 year. Red hard bumps on scalp, ears, face. Muscle/joint pain, cramps hands/feet. Symptoms progressed to spastic uncontrollable leg movements/ extreme fatigue to walk across room. I went off zocor 5 mos, all sympt. abated. Dr ANGRY said statins do not have side effects, put me on Vytorin..within 4 weeks the symptoms were returning. I refuse to take this dangerous drug. Started Welcol

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Male, 53. Triple bypass at age 50. Crestor, 10 mg taken for 3 years. Extreme muscle pain, but liver function stayed in normal range. Very active before and after bypass. Significant mental confusion and memory problems caused cessation about 6 weeks ago. Cholesterol levels went way up, but I feel way better. Scale of 1 to 100 I went from 30 to 70. Total=272 from 171, trigl 148 from 58, HDL 53 from 54 and LDL 189 from 105

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I just started taking a statin and in doing my usual due diligence after being prescribed a drug, I am thoroughly bewildered by the conflicting reports and evidence as to the efficacy and safety of the drugs. The reports of serious side effects are terrifying. Someone impartial with sufficient resources not to be beholden to drug companies needs to investigate this NOW.

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I developed severe episodic abdominal pain within 6 months of prescription of Lipitor 10mg daily; a gastroenterologist diagnosed ischemic colitis. The pain episodes increased to daily occurrences and intensity. A surgeon's evaluation reversed the diagnosis but was at a loss to explain the chronic pain. I have stopped the Lipitor on my own after reading numerous reports linking severe abdominal pain to Lipitor consumption.

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Four years ago after blood tests revealed that my LDL was too high I was prescribed ZOCOR. During the second week I started to have very sore toes, could not lift my arms above my head and could not turn over in bed. I stopped the statin immediately.

Two weeks ago during my annual checkup my LDL was again too high and my HDL was excellent. I was prescribed LIPITOR this time and I have been on it for two weeks and have been suffering from major depression despite the fact that I am on EFFEXOR.

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I suffered from achng feet and shins and my arms would spasm and 'lock' during the night, excruciatingly painful side effects which were not taken seriously. I stopped taking statins a year ago and feel 100% better.

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Statins made my life a misery, muscle pain,tingly hands,confusion and depression, once I stopped statins my life came back to normal.

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I am f age 59 suffering from extreme hyperlipidema. In 2005 an artery in my heart was stented and I was placed on Crestor, Tricor, Plavex & aspirin. Within a short period of time my mind became sluggish and clouded, my energy levels drastically declined & I developed pain in my upper right abdominal area. Oct 2007 I took myself off of these drugs, opting for healthier options. Within weeks my mind cleared, my energy levels returned & abdominal pain stopped. I feel better now than I did yrs ago.

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Treated with Simvastatin 40 mg daily I developed muscular pains in my legs making it impossible to walk more than 2-300 meters without rest. Pain disappeared in 3-4 days after giving up treatment. I was also feeling depressed during the treatment with Simvastatin

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I am watching my mother, age 83, slowly deteriorate through increasing fatigue, weakness, and muscle wasting. (The only other health issue she has is hyperthyroidism, well controlled with medication). I believe all this is due to the statin drugs she is taking. Her total cholesterol is approximately 160. Although she feels the statin may be responsible for her current physical condition, she refuses to stop the drug, as she is "old school" and thinks the doctors are at the right hand of God.

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I stopped taking this dangerous drug, Lipitor, 7 mos. ago and I still have many side effects. I have sent a formal report to the FDA to ban this poison. If everyone will sign this petition and complain the FDA, hopefully, we can stop stains in the market.

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My mother was recently hospitalized for 5 days with Rhabdomyolysis, which the doctors attributed to her statin use. That is not acceptable!

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I was taking Atorvastatin as my Cholesterol level was slightly elevated. After a period of time I was changed on to Simvastatin and within a short period I had intense shouder and back pain and could hardly walk so I was put back on Atorvastatin and saw some improvement exopt that I had numbness in some toes and fingers. I reduced my dosage to every 3-4 days and took a bowl of Oatmeal every day which brought my Cholesterol level down to 3.6. I am now off of Statins completely.

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I have muscle pain, weakness, and chronic lower back pain. Started statin drug, Simvastatin, on 11/21/07.

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Statins are dangerous and their use for "shotgun therapy" is disastrous. to quote Prof. Boyle (National Heart Director for

England), "99% will NOT benefit from therapy" but will be exposed to their adverse reactions. Furthermore Prof. Weissberg (Chairman and Research Director of the BHF) admitted that in the HPS trial, those who, in pre-trial studies, displayed adverse reactions to simvastatin were excluded from the study. Exclude and then comment??

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My life has been inalterably changed by a short term use of a low dose of Vytorin and I never even should have been on it as it turns out. We were all duped. Doctor 1 said muscle cramps were not related. Doctor 2 (internationally known clinic) agreed. What's wrong with this picture? Will I ever heal? Who knows? I think side effects are far more common than the drug companies report. I think there has been a terrible lack of oversight by the FDA. Read the Canadian report on women and statins.

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I took Lipitor for 33 months. When I started having problems with drop foot, I was sent to a neurologist who diagnosed me as having ALS. I stopped taking it in March of 2008 but my problems continue. I also suffer from memory problems. I only hope that with muscle therapy that I may live. Many others in my small county have problems with Lipitor - most not as serious as mine but 1 that I know of died of ALS. Her neurologist stated that Lipitor was directly related to her illness.

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I am a 57 year old male, prescribed Simvastatin 40mg since having two heart attacks in close proximity, last October. Had Open Heart surgery (quad by-pass) in April this year, but remained on the Simvastatin.

This drug has ruined my life - unable to walk any distance, excessive weight gain, breathing difficulties, insomnia etc etc. Consultant Cardiologist agreed to take me off statins yesterday as a trial .... watch this space !!

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Not enough information is available to people regarding the serious, sometimes permanent side effects of statin drugs.

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I was a user of Statin medications. That is until I suffered from severe side effects. Ones that my Doctor positively attributed to the use of Statin prescribed medicines. I am living proof that this medicine is NOT suitable and should be investigated further.

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Lipitor was prescribed shortly before & ever after I received a stent. I did alot of research after my recovery did not progress to feeling good, as the doctors asserted but they didn't seem to mind my staying weak. I took off 9lbs within days of starting CoQ10 & began feeling increasingly stronger within 2 weeks. Then after stopping the Lipitor (I used natural supplements that proved themselves in a cholesterol test), I completely recovered from the extreme fatigue/weakness that had plagued me.

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More people are making living of cholesterol than dying of it

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As a Naturopathic practitioner I am encountering staggering numbers of patients being prescribed a variety of

medications including statins with, I believe no real justification. These drugs must be very strictly regulated to prevent the reckless prescribing practices which I believe are occurring. I also believe that all "kickbacks" should be eliminated so that the vested interest of the prescribing physician is not placed in front of the interests of the patient.

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I believe statins have severe unacknowledged ( by medical community) side effects and this information must be given to all patients b/4 they commit to a therapy course.

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I was prescribed Zocor and used it for a period of two years. I now suffer daily from severe neurological pain & muscle wasting. My liver enzymes are unstable and through biopsy, I have been diagnosed with NASH (Non-Alcoholic Steato Hepatitis). I don't drink alcohol at all. I believe my symptoms and chronic pain syndrome are the result of using prescribed statin drugs.

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I took Lipitor 10mg for several years until I could hardly walk. I felt like a 95 yr old man and I was in my mid forties. After stopping it took nearly a year before I was almost back to normal, and in fact I don't feel like my legs ever returned to normal. We need to be told the truth about cholesterol, like how mortality rates go up in men after 50 when cholesterol lowers. How the longest living people in the world have the highest cholesterol and the many other heart/diet fallacies.

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I was prescribed 40mg of Simvastatin as a High Cholesterol 'Preventative' following an angina attack and Angiogram revealing a 'Slight' blockage medically treatable!! I had only been taken it for 6 months and gradually felt more and more unwell with chest cramps and shoulder / upper arm pains. My GP suggested a 2 week trial without taking it, after 1 I already felt much better with pains decreasing! Its 3 weeks now and feel almost normal again. Beware of 'STATINS' they can make you ill!!

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I had to stop taking statins, against the advice of four doctors, because of serious problems with short term memory loss and general cognitive impairment.

There has been an improvement since I stopped taking the medication but I fear that the residual damage may be permanent. Please, at the very least, explore the possibility that these particular side effects are much more widespread than is currently realised. I suspect that many people assume that their own memory loss is due to age.

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After being treated with 80mg. of lipitor for 4 months, my liver enzymes were elevated 10 to 12 times the normal amt. Also I had severe muscle weakness in all my muscles. I am a 57 yr. old female. I have been off of the statins for 7 months and my liver and muscles are still not back to normal. How can a drug like this still be on the market???

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I had a quad by pass after heart attack and was put on a statin, at the time my cholesterol level was normal, but this was the "cocktail of meds" that are given, i could not finish a sentence, muscle, joint pain, forgot where i was to go. shuffled like a old man, told the drs and they told me oh no it cannot be this drug. went off it and felt some what of a relief, not sure you will ever be normal again. i found out they should had me take COQ 10. will never take this stuff again.

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Statins are dangerous. They cause congestive heart failure, memory loss, nerve damage, muscle wasting, cancer, liver and kidney damage, etc. In order for one person to benefit from NOT dying of a heart attack, 100 people have to take the drug over 3 years. All 100 people are susceptible to the damaging side effects of statins. Statins do not benefit women or the elderly. For every person who was saved from not dying from a heart attack, statins kill the same amount with its side effects.

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Statins has caused my life to be completely changed. I developed severe muscle and nerve pain in my left leg. I lost 15 lbs. of muscle, my job, my insurance, and over all my love for life. I was physically active and happy before statins. I have improved some since stopping them, but feel I will never be as strong as I was before taking statins. I feel they hurt too many people to still be on the perscription market. They are posion...

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I took lipitor 20 mg for about 6 mos. and stopped because of awful side effects which included severe muscle pain, (LEGS AND HIPS), and was then put on simvastatin 20 mg. it wasn;t even 3 mos. later that I had even worse side-effects, including also weight gain, a kind of memory loss or "fuzziness" and lack of motivation bordering on depression. so I stopped taking it and feel much better now--have not gone back to the dr. yet, My mom and 2 sisters are also on statins. I am 53.

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Weeks into low dose Lescol, I was diagnosed w/fibromyalgia/chronic fatigue. Neither my doctor nor I knew it was due to Lescol. Years later another doc prescribed 80 mg. Lipitor. I reported severe & debilitating muscle weakness, pain, mental fog, lowered immunity; he refused to believe it was the meds. Brain fog kept me from stopping the poisons as I'd otherwise have done. Now I have psoriatic arthritis and other autoimmune disorders due to immunosuppressant effects of statins.

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After taking Lipitor for 1 1/2 yrs., I experienced excruciating, SOBBING pain in leg, toe, hips, back, neck and shoulders. Felt paralyzed. Internet led me to believe it might be lipitor. Went to Pain Management Doctor who prescribed Soma (muscle relaxant), oral steroid and Percoset. Relief almost instant. Cardiologist called and confirmed Lipitor the culprit. No more statins for me. And back to Yoga which I originally blamed for my aches and pains.... Thank you

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54 yr female &ndash; Simvastatin 20mgs/30 mths. Nightmres of dead babies/kittens catching fire,dementia diagnosed - unfounded, 4 large calcified brain cysts, severe muscle damage, jaundice, neuropathy in hands/feet/head/top lip, Arrythmia, TGA (Total Global Amnesia), word/number confusion, rhabdomyolosis, short/long term memory loss, hand tremors - Parkinson type syptoms, loss of libido, weight gain,bowel/bladder prolapse, rash, Sciatica and DVT type pains, shoulder pain, light sensitivity, etc,QOL 0

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After my mom died to a medical mistake, my healthy young dad went in for a physical and came out with statins. Within a few weeks i watched him stumble and fall, breaking ribs, bruising, spraining ankles, etc. After 2 years, but what seems to be 30 years later, my father can not function. he cant drive, he cant work out, he cant jog, or golf or anything. I lost my mom to the medical "professionals" and now I am losing my dad. Its too late as it seems permanant. HELP THE PATIENTS, not the stocks!

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I was on statins for 2 years and sleep pattern got worse and worse till I finally asked my doctor to take me off statins I am now beginning to get better nights sleep and my doctor is going to have my cholesterol checked after being off them for 1 month

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Doctors do not recognize the side effects

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The drug companies were proved wrong with thalidomide and HRT with fatal consequences and I firmly believe it is only a matter of time that Statins will be added to this sorry list of marketing triumphs.

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My experience having used statins for almost 3 years is there I experience a severe level of irritability and much higher levels of anxiety while carrying routine daily tasks at work and with family. My family have commented that the use of statins has changed my personality.

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Took Statins for 12 years, thought my muscle and nerve Problems were old age. As the side effects got worse I realised the statins were at fault. Stopped taking them in July 2004. 4years later I am still not fully recovered. 68 in August 08.

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My father is in the hospital because of chronic kidney failure which I believe is due to the drug Lipitor which he has been taking for quite some time. All the classic signs of extreme fatigue, muscle weakness, memory loss- my dad has. He needs to be on dialysis for the rest of his life. Something must be done to end the drug manufacturers from keeping statin drugs such as this on the market!!!!

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We need science, not myths designed for profit!

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Another disease mongering by the pharmaceutical industry...

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I have only been on Lipitor for 3 months, my quality of life has suffered, I have constant muscle aches, memory loss, depression, generally my get up and go has got up and gone and I want it back. I have thrown the Lipitor into the bin from today, why do they allow such medications to be sold?

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I had severe pain in my lower arms. After trying many treatments, it only began to subside when I stopped taking statins. It took three years to completely go away. I also had minor aches and pains that went away. I feel much better now, mentally and physically.

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My mum took statins, they gave her pains in her muscles and so stopped taking them as they made her feel very bad.

started taking other statins a couple or so years later to reduce her cholesterol. She soon developed a macular hole after taking them for five days. It may be linked to the statins, more research should be done.

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You would have to weigh out ANY benefits compared to the ills you can feel while on statins. I vote....NO. Plz N' Thnx, Bogie

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My husband was diagnosed with ALS last week. We are DEVASTATED. He was always an athletic active man, a Gaelic Football player, walker, nature lover. 2.6 years ago our G.P. put him on Lipitor because his first ever Cholesterol test at age 50 was at 5.8. and his dad died at 58 from heart attack. Since taking Lipitor my husband has Hugely Reduced Muscle action in his upper body and arms. the side effects of Lipitor include muscle degeneration. I Believe that the statin Lipitor is responsible.

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I fail to understand how a drug (statins) with an NNT rating of 100 at best to 250 or more could be hailed as a cure all life saving drug. It saddens me that big drug companies can buy FDA approval. These drugs are dangerous and are ruining people lives, and killing people. Please tell the people the truth. Quit letting big drug companies fear people into taking these bad drugs.

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My mother has been taking statin drugs up until recently for a period of approximately 9 years. During that time her health has spiralled into a situation where she requires high care nursing. She has suffered from early dementia (she is only 59 years of age) and memory loss, all directly timing with commencing these drugs. We feel as though she can never recover from this tragedy. The damage has been done and is irreversible, her life is now ruined because of statins.

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I took Crestor 5 mg for three months but could not bear it. My heart began to beat very quickly. I stopped and feel well again.

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My father-in-law developed bulbar-onset ALS shortly after beginning statin therapy. There are now thousands of diagnoses of ALS that may be connected to the use of statins. His condition is rapidly progressing after 3 years and his only best hope to slow the progression is with stem cell therapy. Naturally, Pfizer (and the USFDA & Bush admin) don't provide this treatment, or allow life saving research. Educate MDs about co-prescribing CoQ10. warn others before it happens to them!!

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have been on 6 different types of statin since having a stent fitted, side effects have been awful with memory loss, muscle pains, tingling in hands and feet and tongue, but the worst has been from Crestor - poor concentration, headaches and severe migraines that have lasted for 10 days. Despite now being off all statins, the headaches continue. Quality of life severely affected.

close friend aged 70 prescribed statins at routine check yet blood pressure been fine with BP medication for several yrs & cholesterol OK. Within days very tired & hair falling out in clumps

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prescribed Lipitor 18 months ago. Suffered aches and fatigue to legs/feet&arms/shldrs  
Headaches and dizzy spells,nausea within first few weeks.Told G.P.he told me to perservere and I would adjust. Got worse- he lowered the dose mg. Never mentioned the Q10 to compliment the statin drug. Finally changed over to Crestor brand.Walk with great difficulty. hard to get up from bed and sitting position. Stoppd taking them on my own 2 weeks ago.Hope I can get my energy back and feel as I did b4 LIPITOR

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I am 46 years and have elevated cholesterol that is hereditary. Both of my parents and my brother also have it.

I have been on and off Lipitor for the past 10 years.

I stopped taking Lipitor approximately 12 months ago because of muscle cramps in my calf muscles. On one occassion so painful that I could not walk for two days. It took one week to completely recover.

I also have suffered from memory loss, a doziness feeling and fatigue.

I am now on Crestor and it is having the same effect

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I am suffering the effect of simvastatin 17 months after doctors advice to withdraw from the treatment. I was crippled being unable to walk around my house. I had intense muscle pain, tendon pain, disorientation, nausea. The medication was issued without testing for compatability, handed out like smarties. The doctors said it would not affect tendons or smooth muscle, even after the occurrence. I suffer from their arrogance. I commented that Niacin would be a better option and doctor denied this

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Off statins 18 days and horrendous symptoms reducing daily. Still numbness in hands and feet, but not 24/7 anymore.Muscles still hurt, especially at night but improved somewhat. Memory still not returned, not sure if it will. Now EVERYONE prick your ears up, as you know muscle damage/wastage is a serious side effect!!! I have had a dragging feeling inside my vaginal walls for sometime - obviously 7 months of morning diarrheha, does not do a lot for ones internal organs. Well I went to get it ch

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My suspicions about statins were brushed off far too easily by my personal physician.

He ignored my arguments and said he had never heard about Uffe Ravnskov or the doubts about the "lipid hypothesis"

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I stopped taking lovostatin due to loss of dreams, sore bones, memory loss. I feel much better.

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In my research ,and with personal family experiences, I believe that the side effects of statins far outweigh any positives statins "MAY" have.

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Mail order pharmacy changed me from Lescol to what I thought was the generic form of it without my consent or knowledge. When I started feeling bad (weak, loss of energy, muscle achiness) I checked on that change. They gave me pravastatin not Fluvastatin. I stopped taking the drug and the problems subsided within 2 weeks or less. Never have tried another statin until last week - Zetia. This made me ill after the 2nd day with diarrhea, gas, bad taste, headaches.

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After 15 years of "high cholesterol", tests showed minimal heart disease. Bullied into two statin tries, my knees swelled, legs hurt, and I could barely walk. Doctors ignored my complaints. I stopped statins and legs were fine. Now use fish and flax seed oil and dropped cholesterol 45 points fast naturally. Stop drug company inaccurate test findings to boost incredible earnings. No one is a gatekeeper. Doctors are brainwashed. Statins are today's hormones, disaster waiting to be exposed. Thanks.

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As a child, adolescent and adult psychiatrist I am particularly concerned about the effects of statins on mood, temperament and cognition, as well as death from all causes. Thank you for your consideration.

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Stroke at 55 in Jan08. On Simvastatin 40mg x 3 months beg 1st day after stroke. Stroke damage mostly recovered in 3-4 weeks (am so lucky), but experienced continuing & increasing, absolute fatigue, vertigo, breathlessness, palpitations, heavy legs and arms, painful knees (inc 'good side'). Felt couldn't go on & didn't care - unlike me! Usually eat healthy & walk everywhere, but no energy or motivation to do either - minimal housework or washing hair exhausts! Stopped statins 2 wks ago. Slight improvement.

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I believe that taking Zocor (simvastatin) for 3 years contributed to my congestive heart failure and cardiomyopathy. I also experienced the symptoms of muscle weakness and "mental fog". I have stopped taking this drug and am feeling much better!

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I know of two people in my family that have experienced side-effects from lipitor. This is a very dangerous drug for some people. Please remove from market!

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I started on 10mg lipex around 1998, it was increased to 20mg several years later and then to 40mg, when my doctor tried to push 80mg dose on me I rebelled and stopped taking them altogether. At that time I had shortness of breath and had given up smoking for about 12 months, I also had "Carpal tunnel syndrome" proven by test and was booked into hospital to have surgery, I stopped taking the 40mg Lipex and both the shortness of breath and Carpel tunnel syndrome symptoms disappeared within months

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I stopped taking Lipex in August,2007 after been taking them since January,2003. Health much improved, eyesight ,hearing, muscle weakness and overall health improvement. Doctor wants me to start taking them again and says it is not the lipex - but I know %C@&better!

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10mg Crestor caused severe weakness after 4 weeks. Strength returned after quit taking it.

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I have been taking lipitor for 6 years and have found that I am having muscular degeneration, loss of memory, aches and pains and few good nights sleep.

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After having a heart attack in 1996, my doctor put me on 20 mg. of Lipitor. I started having leg cramps at night in my legs and feet. Eventually, my bones and muscles started to ache so bad, I hated to get out of bed. I made no connection and both my doctor and I thought it was arithitis, until In Feb. (heard stories) took myself off the Lipitor. Within weeks, noticed for first time in years, I've been able to run, stand all day on my feet, work and now I feel great! Today happy to be alive!

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These are the symtoms I experienced whilst on simvastatin

Breathlessness

Erectile dysfunction

Planto fascyitus (Severe Heal Pain)

Intense kneckand shoulder pain

I stopped taking this medication and was asked by my doctor to continue I did and within four days all these adverse side effects returned

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I take 40 mg of Lipitor and I feel bad all of the time. I have had 11 stents instaled in my heart and the Dr. keeps saying that I have to take this stuff.

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I have been taking sipitor for many years and for those years side effects gradually started. I told my Dr. that I had terrible neck pain and he sent me to therepy with no results, then he sent me to an orthpedic surgeon and he x-rayed my neck and said I had disk problems and put me on celebrex. Itold him that my arms and legs were prickley and numb and he said probably the nerves were pinched. After years of pain and fatigue I came acroo a web page on statin side effects and they all pertained

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I'm a 52-yr-old vegan Type I diabetic of 15 years and was prescribed Simvastatin by my endocrinologist in September

'07. Used this drug for seven months. During this time, was diagnosed with thoracic pinched nerve, but no treatment has helped with the constant pain and nocturnal, sometimes violent muscle spasms in this area. Been adjusted by 3 chiros. but am still experiencing spasms that prevent deep sleep. Am wondering whether the statin has been the true culprit all along, not a pinched nerv

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only genetical individuals need statins. Others taking statins put there immune systems into ? Co Enzyne Q for the heart?? After 1 year of first statin to all seniors, result, read the reports. Saved how many from heart attacks??Lower Cholesterol, watch the tri go up. The drug companies love this trip.

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I am signing on behalf of my husband He is 57 yrs old. Quadruple bypass survivor in 2000. He began taking Lipitor 4 yrs ago. He has lost muscle mass and his skin is a mess. His health has steadily deteriorated ever since taking Lipitor. He is not over weight, exercises regularly, takes Omega 3,6,9, and eats a heart healthy diet.

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My mother was a healthy 65 year old recently retired and began taking a statin to lower cholesterol. She was willing to control the problem with diet, but the Dr. told her it could only be controlled with drugs. After beginning treatment, she suffered rheumatic symptoms in her hands and could no longer bend her legs or walk without problems. She figured it was the medication, so she went off it. The Dr. recommended that she continue and wasn't convinced it was the medication. She ignored him

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My experience with cholesterol lowering drugs was extremely detrimental until I became aware of the side effects which ceased when I stopped taking the drug.

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stains are evil and almost killed me!

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This is something that needs to be looked into immediately.

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I am only three years into my retirement, and now my liver has been damaged!!!! at 55!!!! it is very maddening when after reading that vitamin C can reverse High Cholestorol..... I was NEVER told that Lipitor could damage my liver

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I have been suffering memory losses which seem to be directly related to my taking of Zocor.

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they have had me on this pill for a little over a year.. and i am noticing sluggish behaviour and weight gain.. my mental abilities have also been affected.

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I was posted #10 in the beginning here. Updating.. Quit statins July 2006, assault started on joints, moving joint to joint, crippling, horrific pain. Feb 2007 it landed in right shoulder and is still there. MRI shows arthritis, tendonitis, bursitis and bone spur in a shoulder that never had a hint of problem before and NO injury. I woke up one morn and there it was and there it stays. NO treatment has helped!. I am afraid this will force me into early retirement and I don't want to retire yet!

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Having been prescribed Statins now for almost 2 years, along with other tablets, it seems to me that most of my pain originates from the taking of statins. What ever people in the medical profession may argue, they should at the least listen to people like us that are taking statins. i find it annoying that they always come across with the i know better attitude. i could write many pages detailing further comments. but i wait to see what may arise in the near future.

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Since being on Lipitor I have experienced tingling and vibration in my left foot and lower leg. I have since stopped taking any statins and the symptoms have somewhat diminished but have not entirely stopped and I believe I will always have some damage that will not go away.

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I am suffering memory loss and have strong evidence it is related to Zocor.

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I took lipitor for over a year, and had severe muscle pain throughout my arms, hips, legs, and elbow joints. My cholesterol level went down to a total of 110 from 300. I lost 20 or more pounds, but because of the pain I quit. It only took 2 days to feel great relief, but another 6 months for total relief from the pain. Then I took red yeast rice for a few months and experienced the same pains again. I quit that, too. Playing racquetball with weakened muscles led to my hip replacement surgery

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I've stopped taking statins for almost 2 years, after 10 years on statins. Upon realisation of the fact that taking statins was not helping me improve my health at all but endangering it. I had been also on three types of medication for hypertension, but now only on one. My focus is on avoiding hazardous foods; taking appropriate nutritional supplementation & doing daily physical exercise, mostly stretching & walking. Happier now than the 10 yrs on statins. Many thanks to THINCS & associates.

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How is it that Baycol was taken off of the market as a Statin drug; And, not other Statin drugs under a different name- perhaps with other chemicals as camouflage?

I've been diagnosed with FMS, MPS, IBS, and Reynaud like syndrome, among other things. All of which I did not have before taking Statins. Now I'm disabled. New destination, and new map needed. Where is my guide now?

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I have signed this petition previously, but did not comment. It has been two years since I suffered Rhabdomyolysis from 3 months on Zocor. I have never gained my strength or muscle mass and am exercise intolerant. I felt happy, healthy and strong prior to statins and have been weak and tired ever since. The evidence that statins are a miracle drug is

lame and I am appalled that they continue to be prescribed to so many people. The drug companies are making a fortune while harming many of us

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Started with Zocor, added Zetia, then Vytorin. Cholesterol went down but noticed muscle deterioration (55 yo) and started having serious joint pain in one hip joint than both. Asked to be taken on after the study on Vytorin showed reduction of cholesterol but increase in plaque build up. Why does this not raise question of what actual effect of cholesterol is if its decrease increased plaque. 90 y.o. Dad was on Lipitor but had to be taken off after he started losing leg muscle strength.

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Lipitor. zocor made me very nausea and fatigued. Zetia has made my muscles in my feet and legs hurt. These drugs are poison and should be taken off the market, and manufactures held accountable!

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My father has been on statins approximately 5 or 6 years. Changes noted: neck/muscle pain, memory loss, confusion, trouble concentrating, irritability, impotency, nightmares, depression, ringing in ears etc., etc.. Situation seriously deteriorated 14 months ago. After being harassed on and off for over 12 months, attacked the aggressor. Dad is 70 and currently in prison. Never been in trouble with the law before. Completely out of character. The whole situation is a living nightmare.

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I have developed myositis twice from two different statins. The result of these illnesses has been very debilitating. Yet the doctors keep pushing them to me.

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Doctors have become the servants of the pharmaceutical industry, much to the detriment of their patients.

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I'm a Pharmacist. In practice statins are liberally and needlessly prescribed. I guess it's becoming easier to prescribe than to care for your patients. I am seeing more and more seniors complaining about aches and pains(esp legs) and nobody listening. I just had an 85 year old man with a cholesterol level of 2.1 and his doctor was increasing his dose of statin to try to lower that number to 1.5!!!!!!! Insane.

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my mother was put on 40mg of Pravachol for a Cholesterol level of 170. She brought her Cholesterol down from 268 with diet and a supplement. What a change in her status, within 30 days of this med she experienced muscle weakness, unsteady gait, poor balance, had a fall, depression and memory issues. She just stopped the med 3 days ago I hope all this reverses as she was so active before all this. Her life has changed. This is mal-practice!

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My mother, very healthy, active, 71 yr. old with a total cholesterol of 170 was put on 40 mg. of Pravachol. After approx. 32 days she showed signs of weakness, memory loss, and balance problems. Needless to say we are very upset as don't we don't believe she should have been on any cholesterol meds. at all and the dosage appears to be high. Also, side effects were NOT discussed with her.

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Interested to know the adverse effects of statins and what alternative is available.

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please teach the Drs the dangers of these drugs. Have Drs. listen to the pts. better

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I am on Pravachol 20MG a day.I have every thing you all talk about . I'm going to quit talking my meds. Thanks, Shirley A Hemingway

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Thanks for doing this. It is long overdue.

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I have had several (50-100) episodes of memory loss in the past 18 months lasting 5-10 minutes mostly accompanied by feelings of fear. I started to take Coenzyme Q10 and have had no memory loss since.

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investigation of periphal neurophatics as a side effect of the use of statines should be investigated

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when i took zetia i became depressed within 3 weeks. i stopped taking it and was back to normal within 3 days.

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I have taken Vytorin for nearly a year and slowly I have begun to have problems remembering things. I thought I was just showing signs of old age.....at 61 !?? I'm going to stop taking it and see what happens!

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I'm 60, slender, and have no health issues, but have very high cholesteral (300). My new doctor talked me into trying a statin drug. I took the pills for a couple of days, then began having diarrhea. Next came stomach pains, then all-over muscle aches-like the flu. I thought I had caught a 'bug'. When the symptoms didn't relent, I realized the drug might be causing side effects. (I'm rarely ill). I stopped taking them, and cannot believe these horrible drugs are prescribed.

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These statins must be banned !! I have suffered severe muscle pain/weakness, joint pain, and have on going neurological issues all started after I began Statin therapy----I also had short-term memory problems, that have disappated after I took myself off Lipitor.

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I am a 66 year old retired male not on statins.

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When first prescribed Lipitor, I was taking 10mg daily. The dosage was then increased to 20mg, and then to 40mg. Since increasing the dosage to 20mg, I have suffered bouts of depression, and since increasing to 40mg I have had suicidal thoughts.

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Vytorin gave me joint pain and tingling feet, which hurt in the morning when I stepped out of bed. The symptoms disappeared within two weeks after I stopped taking the drug.

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I'm a 62 year old medical technologist and 40 years ago, when I was performing cholesterol testing, the normal range for test results depended on the patient's sex, age and where they lived.

Therefore, it was known at that time, that as we age, our cholesterol levels increased naturally. The only people benefiting from Statin use are the drug manufacturers, their stock holders and the physicians prescribing them.

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we have had numerous patients with severe, sudden onset, all over muscle pain. after a re-exam it was determined they recently started cholesterol meds. after they stopped the symptoms stopped. this is not a RARE side effect as the commercials imply.

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serious side effect from lipitor. servere ,constant pain and muscle loss. bed ridden. unable to perform normal activities of daily living.much like a stroke.

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Prescribed a large - 40mg- dose of Crestor, I suffered daily from painful leg and arm muscles. This disappeared on suspension of the drug confirming the cause. The dose is now reduced to 5mg but I am concerned that I am now suffering from increased irritability and poor memory

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In 2005 I was taking 10 mg. daily of Lipitor. My hair started falling out. Stopped taking it. Back on it in 2007 at 5 mg. daily. Severe muscle pain. Stopped again.

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I study nutrition at level 2 at university and I think it's horrendous that the consensus concludes that the link between saturated fat, cholesterol and CHD are causal whilst it is clear they don't. As for statins, I think more research (unbiased) needs to be done regarding the safety of these drugs.

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Ban those bad medicines, that will slowly kill you!!

Where is moral in medical science??

Did it leave because of the economics???

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My husband has taken Lipitor ever since he had a TIA in 2004. Last November he began to experience severe pain in his toes and upper surface of his instep. He described them as electrical in nature and severe enough to keep him awake at night. After going off Lipitor, the pain receded. He is now pain-free. He was taking only 10 mg of Lipitor daily.

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I took Crestor for 11 days. By the 8th day I suffered severe muscle pain and weakness across the shoulders and down the arms and hands. I suffered severe fatigue. I also have fibromyalgia and Crestor made my pain worse. It has been 4 days since I took the last pill and I am still having pain and weakness in the shoulders, arms and hands. It is better but not completely gone. I know the Crestor caused this pain because my fibromyalgia pain is mainly in the lower back, hips and legs.

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Taking Simvastatin for 4 months nearly ruined my life. Muscle pain, and neuropathy plagued me and 6 months later I am still suffering.

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My dad, John J. O'Brien, died in November, 2007 after a long battle with an ALS-like disease. It was first diagnosed in Jan, 2003 at KU Med Center as OPCA. In a later visit, his physician said that currently it would be diagnosed as a Multi-system Atrophy. It began with balance problems. Later, he suffered from loss of hearing, reduced vision, incontinence, peripheral neuropathy, etc. Unfortunately, we did not make the possible connection with his statin use until the last few years.

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i was on lipitor because of my cholesterol my doctor put me on it, and he left and i was appointed to another dr. and i notice i started having problems with my legs and hip and told my dr. and he took me off, but i'm still suffering and its getting worst. so what can i do?

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At the age of 36, I started taking Lipitor for high cholesterol. Within a week I felt tired all of the time, light headed, and in a daze. Within 3 months, I had severe vertigo and dizziness, nausea, weight loss, tunnel vision, depression, weakness, tiredness, headaches, burning sensations, and other conditions. I stopped taking Lipitor after 3 months due to liver problems. I have since found out that I have glaucoma, esophagitis, and neuropathy. It is currently 4 years later.

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Lipitor made me feel like an old man, caused foot pain, knee pain, and reflux.

Other statins have caused general malaise and mild flu-like symptoms.

I now refuse to take statins despite slightly high total cholesterol.

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Please investigate peripheral neuropathy and dyshidrotic eczema (pompholyx) as side effects of statins.

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Statin (ab)use is out of control. My mother's doctor even has her on it, and her lipid profile was within the normal range!

She's on it only because she's a T2 diabetic. It's outrageous that she's taking this dangerous drug.

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I have experienced what I can only call premature aging. Though I am 66 years old, until last June, I was experiencing vibrant good health. I am a non smoker, eat only healthy foods, lost 35 pounds 3 years ago and have kept it off and walk 2 miles a day, every day. Since my doc proscribed an increase in my lipitor dose in June, I have had extreme muscle and joint pain, depression, cramps, gas, loss of memory and more. I want my cholesterol back!

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I took Lipitor for 2yrs. and Crestor for 4 yrs and my health slowly deteriorated. I suffered from peripheral neuropathy and almost crippling leg and hip pain as well as terrible leg cramps. I stopped taking Crestor Jan 07 and the leg pain and hip pain have stopped and only occasional leg cramps. The neuropathy is another story. Every step I take is very painful and I have been told this neuropathy is irreversible. I have lost confidence in the medical profession.

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Simvastatin left me with aches in both arms above the elbows, both shoulders, and my upper back. I also felt generally weak and drowsy while taking the medication. After quitting taking it 4 weeks ago, I have much more energy, and the pains persist but are slowly improving.

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I am not surprised to learn that the drugs potentially may be cancer causing. We, in the field of classical homeopathy, have long known that the suppression of one condition can result in the appearance of another far more dangerous degenerative disease.

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I have been on Lipitor for about two years with increasingly acute pain in my shoulders and upper back. I decided to take myself off of Lipitor and within three days I could again put on my clothes without assistance and raise my arms completely above my head. I can't believe how dramatic the change has been. I feel like a new person. I thought it was all due to arthritis, but it was the Lipitor.

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To keep people sick is worth much more money than to heal them without making a penny

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My wife was prescribed Simvastatin after a TIA. While taking it she suffered from muscle pain, sleep problems, digestive problems, fatigue, pain high in the back and leg cramps. She complained to the GP and was given a blood test which showed she had rhabdomyolysis. Before the result of the test she had stopped the statins but at the same time developed heart arrhythmia which has required hospital treatment. We are convinced it is too great a coincidence for it to be unrelated to the statins

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Statins for 4 years caused memory, writing & verbal difficulties, severe depression, and weight gain (bad for a diabetic), pain in neck, arms and legs, tingling, sleeplessness, fatigue, myalgia. Had to resign as a teacher. Doctor clueless. Statins caused me to lose retirement pay & question my sanity. It has taken 2 years to recover but muscle & kidney damage does not get better. I want statins off the market. I now control cholesterol w/diet & exercise only.

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After less than 6 months on Lipitor, I developed the side effects of brain fog, muscle weakness, balance problems, and slurred speech. I have stopped taking Lipitor and hope that the symptoms will cease, but they have not after 3 months. I have been told by a neurologist that I may have a motor neuron disease based on failing a nerve conduction study, and continue to seek medical clarification of my illness. My neurologist now is hoping to rule out ALS. Please do not take Lipitor or any statins.

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As a Pharmacist, I have seen too many adverse reactions to statin drugs which have been mis-diagnosed by physicians as a cold, flu symptoms, or prescribed muscle relaxants.

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We donot need more useless drugs that cause more harm than good. One should make meaningful life style changes. Less stress, more fruits and vegetables, increase exercise levels and keep a positive outlook.

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I signed this petition whilst taking simvastatin a couple of months ago. Since then I was taking Lipitor which gave me the most terrible pains in my neck and shoulders. Have now stopped taking any statins for the last 2 weeks and feel so much better with all the pains now gone. Will not take statins again.

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I've tried them two times and each time they increased the pain of my FMS and Arthritis two fold.

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I can tell you this is not a joke, from direct experience. I have been taking Simvastatin and have developed over the last several months severe arm, back and leg pain to the point of not being able to walk. I stumbled on this article last night stating that Simvastatin can cause Drug-Induced Myopathy. Doctors had no solution, tested with negative results, last night I stopped taking the it. Today I can actually go to the bathroom without screaming from the pain. STOP THIS TYPE OF DRUG!

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Statin recommendations are irresponsible and do more harm than good. Depletion of Coenzyme Q-10 and other critical biological functions is not good health science. Shame on those putting financial gain ahead of good health.

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Statins are one of many pharmaceutical drugs that cause serious side effects, often more dangerous than the condition they're supposed to treat. One of the effects of statin drugs is muscle wasting and deterioration. Since the heart is a muscle doesn't this work against the purpose of taking statins? Please do impartial testing, that does not require needless suffering of animals. We need to be able to trust our healthcare system!

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Having taken Lipitor for several months I could not walk for more than ten yards due to calf pain when I would have to take a rest. Since I have been off it I now walk a mile or two every day and no pain.

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My life has been changed in a negative way by statins. I believe that there should be more studies to confirm the dangers.

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About time!

There can be no doubt that the theory of cholesterol and heart disease, at least as related to the statin mechanism, has outlived its epoch. Useful only to generate large profits; but of prescious - if any - benefit to the patient (payer).

The theory is wrong. The paradigm must die. And should have done so years ago. However, as is obvious for most people already, and will be obvious to ALL before to long, the entire statin show was a scam from the start.

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Many people having put trust in their doctors are finding that prescribed medicines are very detrimental to their health, due to the many conra-indications with the use of drugs.

About time the use of statins was stopped, and that your organisation actually started taking responsibility for the health of people, by banning many of these.

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Am suffering short term memory loss,(been diagnosed with Parkisnsons possibly??) slowness, shaking left hand and arm and rigidity,cognitive difficulties etc etc. Please help us find out .

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Dr Graveline's book is very revealing.

Low dose statin therapy, 2mg or so should be allowed and higher doses stopped.

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i took lipitor it almost crippeled me

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I was taking Statins for almost a year after showing a moderately high cholesterol reading. It didn't take long for me to start showing some of the signs of statin damage. Memory loss, absent mind, sore muscles, aches and pains, muscle weakness leading to torn knee cartilage requiring surgery. It was by sheer "luck" and determination that I discovered that Statin medication was the cause of my troubles and without them I am problem free.

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aug. 06 was admitted w/rhabdomyolsis and a cpk of 14,000. while CoQ10 seems to be helping w/strength issue-periphael neuropathy and rheumatoid arthritis continue to worsen.life is not much fun!!

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I am a 46 year old male. I have been taking Advicor for 4 years. Last year I suffered a severe lower back injury with no

warning. And just recently I had a terrible rash on my right arm about 4 inches in diameter. Then the constipation came. I have never been so uncomfortable. I also think I also have holes in my memory. I have been off statins for almost a week and am feeling much better. I also might add that I have had 4 bowel movements in four consecutive days.

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I have ALS and has been using statens.I am curious if staten caused my ALS

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Having experienced increased moodiness, forgetfulness, and a general lack of clear thought, I support an unbiased investigation of these drugs so that future prescriptions may be given with more caution and awareness of the possible side effects.

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Took Lipitor for 4 years prior to being diagnosed with sporadic ALS

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I too have had reactions to statin drugs, ending with 2 trips to ER. An investigation into these drugs is the least that needs to be done.

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Statins are a major problem because of their widespread use. The side effects are ruining many lives - and I mean MANY.

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Please fulfill your responsibility for World Health. An impartial and fair assessment of Statin use is sorely needed.

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My physician prescribed Zocor (simvastatin) for me , to reduce cholesterol. My concerns about it were dismissed offhand as "internet" nonsense. I refused to take it, but I would like medicare in my country to re-investigate this question.

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The side effects of this drug are enough to make you want to call Dr. Jack Kvorkian.

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My father (83) had been taking Lipitor for 3 years, then started getting weaker. He stopped taking the drug, then when he felt better, started again. He then started getting extremely weak and we again took him off it. After a couple of weeks off it, his weakness stopped progressing. His Doctor then put him on Crestor and he immediately started to weaken again. We took him off and he has not stopped progressing this time. He has now been diagnosed with ALS and is declining very quickly.

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My father (83) had been taking Lipitor for 3 years, then started getting weaker. He stopped taking the drug, then when he felt better, started again. He then started getting extremely weak and we again took him off it. After a couple of weeks off it, his weakness stopped progressing. His Doctor then put him on Crestor and he immediately started to weaken again. We took him off and he has not stopped progressing this time. He has now been diagnosed with ALS and is declining very quickly.

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Intense sciatic type pain, needing 2 crutches to get around for weeks. Now 4 years later still have some numbness in left foot, and balance is not what it was.

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Please print and tell the truth about statins. They cause more harm than good?

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I took Simvastatin in spring of 2002 for 6 weeks. I destroyed my body. Practically every side effect possible it did to me. Six years later it still affects me every day, immune system, connective tissue disease, eyes (broke veins in my eyes), still have ringing in my ears, muscles still twitch and pain especially when overexert. STATIN DRUGS CHANGED THE QUALITY OF MY LIFE.

My family background is to live into their 80's & 90's....I now believe my longevity has been shortened.

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I am a 50 year old female and I started experiencing symptoms which was later diagnosed as ALS about 1 year after I started taking Lipitor

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It should be Mandatory that all statins undergo Phase 4 trials. Lipophilic statins are now implicated in 3 of the major neurodegenerative diseases: Alzheimer's, ALS and Parkinson's.

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My life has never been the same. Statins left me with permanent severe peripheral neuropathy in both feet greatly reducing my mobility, I am 50 years old. No one should have to go through this type of thing with any drugs. These should be outlawed.

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I took Pravachol from 9/93 to '97 when I was switched to Lipitor (20 then 40mg). Started suffering from neuropathy of feet & legs 1/04. Finally figured 11/05 it was due to Lipitor. Quit cold but still suffer.

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I find this whole Statin problem sinister and frightening. It is today's medical heresy to deny, criticize or question statins. One asks oneself as to why whole groups of our so-called best brains have gone for it hook, line and sinker. But then whole nations have been manipulated to act in a bad way, so can't be too difficult for a Pharmaceutical Giant to bring pressure to bear. Then we have our nanny state (Labour) getting involved with all that entails which to me means avoid like the plague.

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While on Lipitor and Zetia I experienced severe muscle cramps in my legs and also abdomen. I also had to give up running due to muscle soreness, which occurred after starting on the statin. I also suffered memory loss to the point of people noticing and commenting on it. when you combine these effects, due to depletion of coenzyme q10 with the very small benefit these drugs provide, especially to those without risk factors, they should be banned.

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real health benefits should always outweigh economic benefits!

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Son Jacob committed suicide after taking Lipitor. He first took it & had nightmares of "guns and knives" and jumped out of a hotel window. He couldn't concentrate on it. Went off of Lipitor and read 3 books. Went back on - 5 days later had "guns and knives" nightmares; bought a gun & killed himself. NO doctors warned me of side effects though we asked about it! Husband became extremely depressed on Mevacor and lost his mind for 4 years. Tried to kill himself 3 times. No prior psych probs

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I believe Statin Drugs are very dangerous & should be taken OFF the market.

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STOP,NOW!

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By interfering with the mevalonate pathway, many compounds vital to normal body function, such as isoprenylated proteins, co-enzyme Q10, cholesterol and steroid hormones, are inhibited.

With so many important compounds affected, it should be no surprise that there is such a wide range of serious adverse effects seen in those who are conned into using statins.

There should have been a moratorium on the use of statins until proper trials had been done. There must be one now.

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I BELIEVE THAT I AM ANOTHER SUFFERER FROM THE EFFECTS OF STATINS.I WAS ON SIVASTATIM/PRENALIP/EZETROL. I WAS ON THE DRUGS FOR TWO MONTHS.IT WAS HOWEVER ONLY DURING THE MONTH OF RAMADAAN(FASTING)DID I NOTICE THE MOST VISIBLE SYMPTOMS SUCH AS THOUGHT DISTURBANCES,DEPRESSION ETC. I STOPPED THEM IMMEDIATELY.

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I am a 53 year old diabetic and was prescribed statines as a preventive measure to lower my quite normal cholesterol level to a low level. Soon after taking this drug, I started to suffer from severe muscle pain and lost energy. I decided to stop this treatment and my problems disappeared. My wife, a ccu nurse and my doctor think I am stupid, but I feel great. Drugs prescribed for prevention shouldn't have any side effects!

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I am a victim of long term statin use and most doctors don't believe me. They are wrong. My life will never be good again.

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side effects included muscle weakness, brain fog and sexual dysfunction

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I had such bad side-effects I finally told my doctor, "no way!"

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Definitely more research is needed. This drug affects far too many people, and docs are negligent in their prescribing.

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Statins reduce one the most basic building blocks used in humans of which 6 are used for making cholesterol and 10 for Q10, the essential component in every cell to make energy.

Statins will never extend lives of women and the top selling statin (Lipitor, Tahor) has never extended the life of anyone in a clinical trial. The side effects are fundamental and the benefit in very few debatable. More here:

<http://www.health-heart.org/cholesterol.htm>

Clearly WHO needs to investigate.

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Statins definitely need to be investigated further. Doctors shouldn't be prescribing them if they don't know a lot about them and their effects.

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I experienced muscle cramps, depression, lethargy, lack of concentration and a generally feeling unwell whilst using Lipitor. I stopped using the drug about three weeks ago and already feel much better. I shall not be using it again.

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I have suffered painful aches in shoulders and neck, and memory loss since taking simvastatin.

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I'm currently residing in the Philippines part of the year. I sincerely hope this petition will be considered and taken very seriously.

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My husband has suffered 2 yrs of constant back pain, he's had gall bladder removed, and had to pay several thousand pounds for private pain relief epidurals , all now proved a wild goose chase!. This all despite telling GP on 3 occasions he suspected statins was the cause, which was IGNORED. Blood test for muscle breakdown was only done last week, after my husband requested this - this was positive. I've now heard that GPs received a financial incentive for everyone put on statins!

I have experienced many debilitating effects I believe due to Simvastatin & Lipitor. Psuedo Carpel Tunnel, muscular weakness, breathlessness, hepatitis 6 3cm gall-stone, all within 2 years of medication.  
Short-term memory is useless.  
Medication now stopped ... hopefully things might improve ... this blind faith in medication MUST BE STOPPED.

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if i had listened too my doctor i would be bedridden today, taking statins make things worse. i supplement now with cq10 daily.i could write a book about all the side effects.i have a good doctor but he never listens to my complaints about lipitor and zocor.he tells me he takes lipitor every day and it is perfectly safe.

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Serious affects from statin drugs...such as, muscle weakness, kidney and bladder infections, pain in kidney area, digestive problems, tinnitus, hearing loss, spiking blood pressure, neausea....with only 140 lipitor pills #10 in 1 1/2 years.  
Am on 350mg COQ10 but still have muscle weakness in legs.

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My calcium score is 0 at age 57. Nevertheless, my physician recommended statins. Result: memory loss others noticed, muscle soreness so severe it often brought tears to my eyes, and suicidal ideation. I had a choice: go off statins, or retire, quit driving, and admit that I was now an old woman. Went off the statins and all adverse effects disappeared. Please investigate side effects of these drug.

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On Lipitor about 8 years. Began to get weak and foggy, but doctors could not figure it out. I heard "stress", "heart", "too much business travel" and then "the only other thing I can think of is you may be depressed."

Changed doctors in February, 2007 and after 8 months of discounting everything in medical records and tests and more tests .."Stop taking Lipitor today!"

I typically earned \$450,000 annually. I've earned \$18,000 the last 2 years as I can't function.

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Everytime I have taken a statin, I have experienced depression confusion, and an inability to concentrate. Also, I developed a tinea skin infection after taking Pravachol, which came back when I resumed statins on two other occasions. I am finally convinced that statins are not for me. I'll take my chances with familial hypercholesterolemia, it it really is a disease, in the first place.

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Hello, I m sellecting evidences of holesterol myt and cowriting book on lipids, to inform slovenian population on wrong statement on holesterol and lipids that was made from Farmacevtical and other industries.

It s time to stop this myt!

Good luck. A.

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I took statin drugs for 9 years, the last 3 years I took Lipitor. I had pain in my joints, edema in my lower legs, tiredness,

shortness of breath. My doctors ordered many tests. The edema kept getting worse and then the muscles in my left leg started hurting. One doctor even suggested my systems may be in my head. I stopped taking Lipitor about 1 year ago. In a few days the joint pain went away. The edema improved gradually. I'm feeling much better today.

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I was given Statins and after about 5 months I developed a numb area just above my left knee. Also I developed severe cramping in both calf muscles. (these symptoms still persist, although not as severe) On top of that, for the first time ever I suffered severe depression, that thankfully has improved but sometimes re-appears. Statin in my opinion is dangerous and is only kept on the market because of interferences by pharmaceutical big money. I know 2 others who have suffered the same symptoms

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I have just received from my doctor's receptionist(!) the news that I have high cholesterol and that a prescription for Lipitor is waiting at her office. I checked out various sites on the internet about statins and most certainly will NOT take this medication.

The stream of pharmaceutical representatives flowing in and out of this office, bringing lunches for the entire staff on a daily basis, is shocking and proof that big money is involved here. It is an abuse of the public's trust!

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My husband has experienced every symptom of Lipitor side effects. I have genetic low cholesterol and he has high. I have high blood pressure ... he has low blood pressure. He always had "the heart of a 20 year old" until he had his cholesterol checked. I am convinced Lipitor has created illness in my husband that did not exist prior to his body being poisoned by this drug.

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Prescribed for my husband for slightly raised cholesterol. Caused muscle damage in lower calf

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I have refused to take a statin, and am still here five years later! My blood cholesterol is virtually unchanged, but my heart is still in very good working order.

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Statins are the biggest pharmaceutical scam of all time and are very dangerous.....it is time to do a Vioxx -type investigation FREE of Big Pharma and FDA influence.

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There is evidence now that cholesterol does not cause heart disease and is essential for the body to function normally. Statins, therefore, as well as causing side effects and depleting the body of CoQ10, are actually totally useless.

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Please take note that more and more people are suffering from many forms of nerve diseases when on Stain drugs. Unlike most drug induced diseases the damage due to this type of drug on the nervous system appears to be permanent.

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A careful review of the literature on statins leads me to the conclusion that the small positive effect statins might have for heart attack victims is a.) probably not due to their cholesterol lowering action and b.) is not worth the terrible side effects they cause. In fact, the whole cholesterol hysteria should be re-examined number by number, for too often the researchers in the field claim positive results that their results do not support.

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Thousands of doctors world wide are well paid by the pharmaceutical industry. Their prescribing of statins borders on corruption. There is also the element of ignorance: Most doctors simply do not know the whole truth about the side effects of statins, nor about the extent. Why? Because they are not informed by pharmaceutical companies: research on statins is carried out by the pharmaceutical companies and research which leads to illustrating side effects simply does not get published.

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Observed many of the side effects associated with Lipitor while being treated for "elevated" cholesterol. Side effects are receding since discontinuing treatment.

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All I got from statins was muscle pain and the thought that I'd rather die from a heart attack than take Lipitor

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for God's sake remove Lipitor from the market. My husband has turned from a fit active man to a semi-invalid in a short time on Lipitor. He can hardly walk. This dangerous drug should be removed from the market immediately.

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I have been advised to start taking Statins and am very skeptical. Even more so after reading this literature.

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Statins are dangerous. Recent studies have shown that older people survive better with TC levels > 6 mmol/L.

Am J Med. 2003 Sep;115(4):265-71.

Serum cholesterol levels and in-hospital mortality in the elderly.

Onder G, Landi F, et al, Arch Surg. 2002 Jul;137(7):805-12.

Delgado-Rodríguez M, Medina-Cuadros M et al

also Br J Surg. 2007 Mar;94(3):369-75 &

J Gerontol A Biol Sci Med Sci. 2006 Jul;61(7):736-42

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I think the dangers of this drug like CoQ10 depletion and some of the other side effects are underplayed and the benefits are over stated. I have just recently stopped taking them and have managed with natural alternatives to lower my cholesterol and raise my Hdl but are becoming increasingly aware of the controversy surrounding the drive to get more people taking. Is there any really evidence that it really saves lives or is it just marketing.

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Having gone to my doctor for a check up he told me I had a serious health risk because of high cholesterol (6.2). I was put on a statin (Lipitor) and the number dropped to 3.6...wonderful he said.

5years later I finally had to admit to myself that all the issues with my health could be down to the 'wonder' drug. These issues are too numerous to mention here but since giving up the drug last March 2007 my health, mentally and physically has improved so much.

please do something for others.

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My wonderful husband took statins for 10 years and has been off for 10 months. He had terrible pains - especially in his lower back and legs. Doctors can't find anything wrong. He is still suffering. These statins need a lot more research.

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Statin drugs and the cholesterol neurosis is the biggest medical scam of the modern age. Millions of innocent people are being targeted by drug companies by use of scare tactics to get them to believe they have a familial genetic predisposition to cholesterol. Its a preposterous notion, and completely denies all the tenents of Biochemistry 101. Its as criminal as young women being talked into having healthy breasts removed because their mother had breast cancer!

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After about 10 years on statins they have finally caught up with me causing muscle weakness bordering on rhabdomyolosis, and including short term memory loss.

I am now wondering if my wifes peripherol neuropathy causing imbalance and trouble walking is also a result

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I would like to tell the Zocor and Tricor manufacturers how they ruined my life. I was happily married for 33 yrs until my husband started exhibiting symptoms of statin toxicity. My life has been hell since the 1st neurologist told us, Direct Quote, "Go home and get your affairs in order, you have ALS and will be dead in 1 year." I have JRA, Juvenile Rheumatoid Arthritis and had been doing well on my medications until now. I am so stressed I can barely breathe. I cry all the time Thank You!

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I have a class action case docketed in the US Supreme Court that includes Merck for the harm and permanent and irreparable injury I incurred from taking zocor. The case is going to be reviewed by the US Sup. Ct. tomorrow, Sept. 24, 2007. Case No. 06-11508. Doing what I can to protect all including running for US Congress basically because of the degradation of our health care industry and a failure of the FDA to regulate the drug industry.

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I'm 48, female,was healthy and active. Was prescribed lipitor 10mg. for high cholesterol in the winter of 2005.Stopped taking it in mid June 2007.I suffered profound side effects and was diagnosed by my DR. as having Myopathy due to statins. I experienced severe muscle pain,stiffness, weakness and eventually could only shuffle to walk. Night sweats, high and low grade fevers..Difficulty swallowing and speech affected.Loss of balance and coordination,loss of memory and difficulty concentrating

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My experiance with Lipitor - immediate severe muscle cramping. With Crestor - increasingly severe peripheral neuropathy and increasingly severe short term memory loss. ----- NOT GOOD!

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Cholesterol is made in the liver to the tune of 10 eggs worth a day (2000 mg) and GOD is no fool

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Muscle pain and tendon problems made me stop Lipitor...after 5 months of quitting this drug, still having little improvement...the severe pain stopped as soon as I quit taking it! Doctor insists the pain is from injury...I can assure you, there has been no injury!

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I have taken Lipitor, Vytorin and Zetia. These drugs have reduced my quality of life, that only God knows how I have suffered. I will never take another statin in my life again. I have nearly convinced all of my relatives to get off statins. They were convinced, after seeing my own muscle wastage.

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My husband took statins for 8 yrs following CABG. Complaints of muscle pain/stiffness, muscle atrophy, changes in vision, then later memory loss, were dismissed by our doctor claiming either the benefit far out-weighted any 'discomfort' or 'statins don't do that'. Through research we discovered that 'statins DO cause muscle pain, stiffness, atrophy and memory loss. My husband still experiences persistent memory processing even after stopping all statins for 3+ years.

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I was prescribed 40mg simvastatin without the doctor even seeing me to explain possible side effects and my concern is that if statins can effect the muscles, isn't the heart a muscle and by the way 6 months ago I didn't know anybody who had high cholesterol but now everybody I talk to has high cholesterol and has been prescribed statins. It seems like they are being dished out like sweets. After researching them on the internet I won't be taking them.

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I took Lipitor from October 2002 to March 2007. In addition to constant fatigue by the end of 2005 I developed a strong pain in my right leg. My CPK tests were normal until March 2007. I then stopped taking Lipitor and the pain diminished significantly but I am left with a residual pain that does not go away. In summary, Lipitor crippled me.

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Please look into the side effects of statins. Here in the UK most of the symptoms are ignored or brushed aside by the medical profession, after a heart attack 12 years ago I was put on Zocor 10mg which was upped to 40mg about 3 years ago just before my triple bypass. Like many other sufferers I have had a multitude of tests for a multitude of symptoms, (the symptoms were more profound after the increase).

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I believe that these drugs do more damage than good and prey on people's fear of heart attack and death.

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I developed a quite serious myopathy due to the use of rosivastatin prescribed to me as preventive measure because of the combi-nation of DM and hypertension. I was a devastating experience which ruined a great deal of my life quality. I

my practice as orthopaedic physician I see a lot of sore bodies that improve a lot after stopping statin treatment.

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If statins are also indicated to reduce cardiovascular risks in those with low/normal cholesterol, they can't be working as they say they are, as well as being damaging to health. More investigation is urgently needed the world over.

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High cholesterol diets are not the problem ,its obviously the modern food processing and farming methods.

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I started statins approx. 16 years ago. Approx. 1to2years ago my muscles (from head to toe) started hurting so bad I could not go beyond my couch. One day it was so bad I had my wife take me to the hospital. The doctor in the ER told me to stop the statins. I now feel some better, however the damage seems already done. As I look back I remember having sever cramping in my arms, legs, and different places on & off for many years. Now when I see tv adds directing people to take statins I get mad

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My husband suffered traumatic and permanent damage from taking Lipitor for a brief period of time and we did not receive sufficient warning about the extent and nature of the side effects. This is a very powerful and dangerous drug.

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Lipitor gave my father ALS

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I feel that there is a more natural way of fighting high colesteral. humans have live for over 6000 years (that's counting recored history in Egypt). If this was such a problem then why are we not extinct.

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My husband was on a very high dosage of Lipitor for a year (80mg) His nerves are dying and his muscles have atrophied. We're scared.

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I have experienced some of the common side effects and the scary part for me is, the doctors I have reported them to (two different doctors) don't seem concerned about it, or want to discuss my problems with Lipitor, such as the severe muscle soreness in my mid back, right side with the burning sensation. So, who do we report these side effects to as suggested in cholesterol medication commercials? No one cares.

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Having worked for twenty years as a pharmacist I have learned from literally hundreds of patients about numerous side effects of statins - which many of the doctors were uninterested in knowing about.

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Diagnosed with myalgia caused by Lipitor on 8-16-2007 (37 yr old male)

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I have taken (tried) every type of statin available. I have had HORRIBLE effects from the drug, i.e. debilitating leg aches, fatigue, memory problems, etc.

I have since quit the statins, feel 100% better, and choose not to ever take statins again. (with the blessing of both my family doctor and cardiologist.

I would hope that the statins are investigated thoroughly and more people realize the consequences of taking them!!

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I have been takeing liptor for a 3 years and I am now convinced that its bring ing me a lot of pain

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See "You Tube" "funniinnit" and will be appearing on ITV sometime in October as Trevor McDonald is doing a program on statins.

This is an absolute abuse of our human rights and a perversion of humanity to put profits before people's health. It seems our spineless doctors are being bullied into prescribing this poison but Hey! 126K pa for sitting around frightening the over fifties into awarding their GPs a pay rise?  
Good luck

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After taking 'Lipitor" for about 6 months I began suffering reduced ability to safely perform my work manipulating the controls of complex machinery. Since stopping the medication it has taken some 3 years to regain the skills lost.

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a STUDY of statins effects is long overdue. The science behind it was poor to start with. Too many people are being hurt with its use!

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My mother took Crestor (20 mg) for over 4 years. 01/2007 she was diagnosed with ALS. Although she stopped taking the Crestor 12/2006, the STATIN INDUCED ALS continues to get progressively worst. AND YES THIS POISONOUS (STATIN) MEDICATION CAUSED MY MOTHER'S ALS IN ADDITION TO NUMEROUS OTHER HEALTH PROBLEMS.

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While on Lipitor for more than 1 year I experienced memory problems, personality changes, extreme fatigue, loss of muscle mass and muscle weakness. I stopped Lipitor over 3 years ago, and still have some memory issues and have not regained all my muscle mass.

The public needs to be better informed of the damage this poison can cause. Doctors should wake up and quit prescribing drugs from the statin class. This is a tragedy of huge proportion.

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who should be blamed the doctors or drug companies for this dreadful evil poisonous drug, i was only on it for 7 weeks

and my life has been ruined, i only hope i get better now ive stopped taking it, whole body swollen with water retention, pain in my calves so bad i could cry i can hardly walk my knees are the same , i was a fit active vet until now i weighed 9st 10lbs 8 weeks ago i now weigh 14 stone and rising

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I was on SIMVASTIN for 13 months and it has had devastating effects on my muscles and memory, I suffer with joint pain as well as other symptoms. The quality of my life has gradually got worse. I have now stopped taking the tablets.

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US doctors seem no longer able to listen to their patients concerns about the detrimental effects of drugs such as statins. All anecdotal evidence is simply shoved aside with the company line that the related side effects don't exist or are highly unlikely.

My brother is in a wheelchair for 14 years, I'm convinced because of statins. I was told I would die if I didn't take statins. I now suffer the seemingly permanent effects. Further unbiased study is warranted.

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Statins have changed my life. Dr. Graveline's website, [www.spacedoc.net](http://www.spacedoc.net), has made a difference in my recovery.

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Im a 29 year old male who is relatively fit and had a cholesterol reading of 8.2 so my doctor placed me on 20mgs of lipitor. Was on them for three days and felt the effects almost immediately. Light headnesses, confusion, nausea and muscle soreness. Google lipitor and cholesterol and discovered the the mainstream theory and practice was driven by vested financial interests (should have known) and am now schooling myself on all points of view and will hopefully make an informed/ right decision.

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I have had negative side effects whilst on statins and have yet to be convinced that they are so absolutely necessary even though I am considered to be in a high risk category. I intend to take my chances without statins and continue to be suspicious of the pharmaceutical companies who gain enormous financial benefits from their sales.

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Myopathy from lovastatin

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Dangerous pharmaceuticals need to be taken off the market before it is too late. ALS, MS and other dissabilitating diseases are increasing with the use of the highly prescribed statins, we need your intervention for the sake of the humanity.

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Inspite (or because of?) of being an ex pharmaceutical researcher, I very strongly believe, drug companies are out for profit rather than benefit to mankind. They are actually damaging the society out of their greed for lucre and what is more they dont care. The FDA and doctors are their puppets.

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THIS INVESTIGATION IS LONG OVERDUE!!!!!!!

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In past five years have witnessed dozens of patients who have undergone repeat CABG procedures. In each case those patients were taking statins which should have avoided the need for the repeat CABG procedures. Where is the benefit?

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The Statin dangers clearly outweigh the benefits. Doctors are clearly not being educated to recognize the effects when presented. Too much drug hype by the big Pharma companies influence their ignorance on this matter.

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Having experienced severe complications from the use of statins, I urge you to investigate the practice of using statins and other fluorinated pharmaceuticals in the practice of medicine. The devastating effects on the immune system alone should be cause for their withdrawal from medical practice.

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Was on statine for 3.5 years. The last dose of 80 mg LIPITOR for 6 weeks nearly killed me. Also the phase 3 from Pfizer (Torcetrapib/20 mg LIPITOR) being in the test group with levels of cholesterol of 0.9 !!!! nearly killed me, since my heart arteries were full of cholesterol (in 5 mnths I needed a stent. So much for low levels of cholesterol !) I stopped on March 15, 2007 with intake statine and follow alternative therapy from [www.spacedoc.net](http://www.spacedoc.net) and are now healthy with 3.2 to 3.6 LDL levels

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After taking lipitor(10 mg) for three weeks, both my shoulders became sore. The pain lasted for about five months.

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I have been on lipitor for over 2 years following a stent procedure. My LDL cholesterol is down to 109 but my doctor thinks it needs to be even lower, so has doubled the dosage. Now I am experiencing muscle pain, extreme fatigue, depression, mental confusion, lack of coordination of motor skills, and more. I am having difficulty performing tasks that used to be easy for me. It is affecting my ability to earn a living.

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after being off statins for almost one year i yet suffer muscle and joint pain . at times my memory evades me. i have unexplained swellings called lipoma by my doctor. i would rather die of high cholesterol than ever to take another statin drug . my life has been virtually destroyed.

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Having seen the adverse effects first hand of statins, I wish to add my voice. Popping a pill is not the answer to health. Returning to nutritional whole foods as research and history dictate is the way to go.

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It is criminal to turn healthy people into patients with prescriptions for cholesterol medication. There is no evidence that indicates statin drugs are beneficial for healthy people.

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I suffered muscle cramps and spasms, slurring words, falling, clumsiness, amnesia, rash, while taking 10 mg Lipitor. Stopped in April 2006 and got instantly better for 2 months then relapsed and have since been diagnosed with the motor neuron disorder ALS (Lou Gehrig's) Lipitor poisoned me.

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Fortunately, not all of us die from statin therapy. I stopped in time to be relieved of these nasty side effects, and restrated for a short time to observe the eight of so s.e. return within 24-48hrs. I have a daily record over 2.5 yrs of b.p. to show the decrease after discont. treatment.

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I have personal experience with the mental side effects of this medicine and know numerous other people that report the same thing. Problem improves once off the statin drugs.

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As a victim of two mild heart attacks (2 bypasses) and who has recently been prescribed statins and taken them, I've experienced heart pain, muscle weakness, muscle pain, high serum CK and high troponine during the therapy with them. I've tried three times to use them and have even reduced the doses to "snuff sizes" to reduce side-effects - all to no avail. My family appears to be biologically/medically vulnerable to cardio-vascular problems. As a non-medic, I'm a bit unsure about the situation.

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Tell the truth.

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Go to: [www.Spacedoc.net](http://www.Spacedoc.net)

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I have suffered at least 4 episodes of TGA causing me great distress. I have reason to believe these may be caused by my long term use of Lipitor. I was astonished to find out by accident that this is likely and neither my GP nor my hospital made the link when I sought advice on my memory loss.

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It has been 1 year since I took myself off of Lipitor- I was then rechallenged with Crestor and immediately chronic fatigue, headaches, knee pain and weakness plagued me- I have to be on Prednisone just to live a normal life- this stuff is like poison!

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I was on a statin drug for 4 years. I believe this statin drug has caused Peripheral Neuropathy in my left leg that is constant. It never goes away. There is no medication so far that can even come close to easing the pain. Statin drugs need to be investigated more before giving to the public. There are alot of us out here that have already been damaged by statin drugs, not knowing if we will get better by not taking the drug now, or just staying the way we are. IN PAIN.

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I count myself among the many thousands worldwide who blame Lipitor as triggering fatal motor neurone disease. I took 10mg daily for 3 years until, too late, I realized its toxic effects.

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evidence from statin trials are biased by industry and not properly guarded against

their benefits are also grossly inflated

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i am a 64 year old whos has been on Zocor for about 6 Years. I went from 10 mg to 70 mg.

I have experienced swollen feet & legs, Sore left shoulder that prevented from doing the wipe for two years. I had sore knees for several years., loss of short term memory, my eye sight was effected, the worst pain of all was erectile dysfunction, shortness of breath. told my three gp's about these symptoms but one associated these symptoms to Zocor, a statin drug. I was given puffers for shortness of breath, I

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Research needs to be done to ascertain exactly whether or not statins actually do any good - they can certainly do harm

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Cognitive side effects were experienced. No blood work done over three different doctors.

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I have seen so very many signs in my partner of the harm these drugs can do. He has blanks in his memory, loss of muscle tissue, horrible aches in his knees and calves, he shakes, and sometimes is unable to pronounce words...the man is only 57 years old.

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I was given Vytorin, when I told the Dr. of the muscle pain and weakness, he did not take me off of them. Within a year, I could not stand/walk more than 45 minutes & was in pain all day & night. The Dr. told me I had lupus. I went off the statins I notice a pronounced change in a matter of a day- not lupus. 1 & 1/2 years later I am still in pain. With the help of 2000mg a day of Co-emQ10 I can go to work. My new Dr. says for 45 my legs are like an 85yr old. I used to be in the gym 6 days a week

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I had a heart attack in '98. my cholesterol was 4.3. the hospital put me on statins. After nearly 2 years and a change of statin and a higher dosage. I realized that the pins and twitching in my muscles was not due to my heart attack and physical work. A blood test revealed that my CK level was twelve times what it should be.

9 years later it is still 5 times too high, I walk with sticks and can't work. I have been diagnosed with irrevocable skeletal muscle and nerve damage.

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The use of Zocor prevented me from running more than 2 miles, a major event considering I was a marathon runner. Not to mention a series of very serious skin infections. Upon stopping Zocor I returned to my normal healthy condition.

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as statin users, we need unbiased research - I have been on 10 mg Lipitor for 10 yrs, 20 mg Lipitor for 2 years, and 40 mg Lipitor for 2 years, total of 14 years on Lipitor. I am a type II diabetic. In the last two years I have developed moderate neuropathy in both my feet. I have had ringing in my ears for 3 years.

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My father has been on statins for several years and suffers from problems which are now recognized as side effects of these drugs. I'm thankful I learned of the serious risks involved since healthy family members, including myself, were recently prescribed these statins, too. I firmly believe that "hypercholesterolemia" is a contrived, "invented" disease and the cavalier manner in which statins are dispensed is very disturbing.

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My mother took Lipitor and within weeks felt leg cramps, muscle weakness and fatigue. Her Dr. urged her to keep using. After awhile she decided to lower chol naturally. She did. Shortly after stopping the Lipitor she started to slur her speech. My mom was extremely healthy, diet, exercise involved in her family. No Dr. could find anything wrong with her. Until 1/31/07 when she was diagnosed with ALS. She is now 93 lbs, feeding tube, ventilator and dieing. I believe the Lipitor did this to her.

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My brother, 46 years old, has been on statins for only 4 months and already has severe thigh muscle bruising, muscular pains, tiredness and very high serum potassium. Unfortunately he believes his cardiologist. Please read Dr Mary Enig on fats and cholesterol.  
Amy Atkinson

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After 2 months on lipitor and then other statins I had extreme muscle and joint pain requiring use of a cane. I am only 51 yrs. of age. These side effects took several months to reverse after stopping the drugs. While taking the drugs my cardiologist never mentioned the pain might be associated with this therapy. It was I, after doing my own research who refused to take statins and initiated a discussion about this connection with my doctor! Only then did he say it could be from the statins.

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THE FACT THAT COENZYME Q10(UBIQUINONE)  
IS DIMINISHED BY STATIN USERS AND THEREFORE CAN AND DOES CAUSE CARDIAC PROBLEMS IS IN  
ITSELF A SIGNIFICANT LACK OF VITAL INFORMATION TO USERES OF THESE DRUGS- THERE IS NOW A  
STATIN IN COMBINATION WITH COQ10--FINALLY GIVING THE PROBLEM SOME RECOGNITION

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I feel that Statin drugs are too dangerous to remain on the market and given as freely by physicians as they are to so many people without much, much more study.

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The statin issue needs impartial investigation. Too many lives are being ruined by indiscriminate statin drug use. The side effects of statin drugs are horrendous and they may actually be doing more harm than good, considering that high cholesterol has been shown years ago by scientific studies to not be causally connected with vascular disease at all.

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I suffer from very painful neuropathy in my feet and legs, which after much testing has to be attributed to the Lipitor & other statins I took for 12 years. There is no cure for this and it is unlikely that it will go away. Since I stopped taking Lipitor in 2005, I have lowered my cholesterol by taking natural meds.

Also, I am a registered medical technologist and when I worked in the '50s.'60s & 70's the normal for cholesterol was 250 to300 - who changed this?

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My father died prematurely from taking statins, inquest verdict misadventure.

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It is time to recognize that most, if not all, prescription drugs are harmful, not helpful, to the wellbeing of humans. They are toxins masquerading as something helpful.

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My mother continues to suffer with Peripheral Neuropathy due to 5 weeks of the stain Zocor. She will have this problem the rest of her life. Take this junk off the market!

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Was on Lipitor for 4 years and may not live long enough to recover from the damage to the muscles in my legs and to my liver.

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This poison should be taken off the market

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The body needs cholesterol. The brain needs cholesterol and makes its own. If something is not done, we will be creating a generation who can no longer think. I hope the WHO thinks before more people suffer damage.

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Please search out the truth!

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My husband was on a statin, don't think he will ever be himself again, had and still does have lots of muscle pain, aches, memory problems, still does. personality problems. it is not worth it to me or anyone else to see their loved ones go through something like this, just so the pharm companies can make big money and the drs. that write the prescriptions. There is no real evidence either that cholesterol is a problem with heart attacks, hubby had normal cholesterol with low hdl.

JudyinMO

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After suffering horrendous muscle degeneration from statins in 2003, I have been bullied and harassed about my high cholesterol levels by the medical profession ever since.

Yesterday I finally managed to speak to a specialist about the nerve damage to my leg, only to be told I'm at risk

because of my high cholesterol. (My HDL is 88.8).

I've had enough and will do anything I can to get these drugs withdrawn.

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My experiences with statins over 7 years: Extreme muscle soreness and weakness, overwhelming exhaustion, eye disturbance, depression, total lack of libido, leg cramps, rash, memory block all leading on to NO QUALITY OF LIFE. I have now stopped taking the statins and already a lot of my symptoms are improving. This drug is destroying peoples lives and NO-ONE IS LISTENING.

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my father suffering alot fom side effect of lipitor (back .hip shoulder,feet,arm pain)very weak muscle can not move to his bed very hard to sit or get up from the chair,car,cant take shower by his own and much more totally sore body and very very weak muscle being on lipitor for 6 years plz help now if there is any way to get better.

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I was prescribed 20 mg of Lipitor for 14 months and had numb fingers, sore muscles, joint pain and awful mind numbing daily headaches- had fibromyalgia like pain and terrible fatigue- I went off it myself, told my doctor who agreed with me and then he pushed Crestor samples into my hands when I was leaving and said my cholesterol levels would kill me and to take Crestor as it was mild- he nearly killed me- I was so sick I did not get out at all for over 4 months-stains are like poison

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My nephew had a kidney transplant about 4 years ago and his kidney has been doing fine until he was prescribed Lipitor for high cholesterol. Apparently Lipitor is not compatible with anti-rejection drugs. My nephew is now in end stage renal failure again due to a reaction from Lipitor. He also has Rhabdomyolysis, a very dangerous and often fatal side affect of Lipitor and other Statins. His kidney Dr. (Nephrologist) prescribed Lipitor. This is totally unacceptable! Get rid of these drugs!

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I am a 53 yo female with family history of diabetes and high cholesterol. After physical therapy for tendonitis, I had biceps soreness that lasted for 4 months, not to mention, overall muscle aches and weakness, memory problems, sleep problems, fatigue, trouble walking, neuropathy, etc. With permission from my doc, I quit the zocor, and felt better in 2 days. I was only taking 10 mg for about 6 years. Some symptoms began 3 years ago. I am certain zocor was the culprit. Please investigate.

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my husband suffers from parkinson's disease, we feel is directly attributed to 1) selenoprotein tRNA disruption from Lipitor and 2) depleted coenzyme Q10 from lipitor. There are a myriad of plausible pathophysiological reasons for lipitor causing neuromuscular diseases--depletion of the major lipid component of the substantia nigra--dolichol--by Lipitor, etc. I know of 3 individuals who feel lipitor caused their parkinson's disease.

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I took statins for 15 years and disabilities were diagnosed as old age. I am now 74 and my life will never be good again. I now refuse statins, stopped them and the pain has subsided. I now have balance, speech and writing problems. As the strength of the statins increased the disabilities became evident so it was no coincidence although doctors don't

agree. My opinion of doctors have deminished also because they refuse to admit statins could be dangerous.

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Depression, hurt to walk, legs kept giving way under me, soreness in all joints, hurt most of the time. Memory loss, mind foggy - I've been off Zocor for 6 months with 200-300 mg COQ-10. No aches, pains, depression. Mind is Alert. Walking & riding bike for hours. 55 yrs. young (now!!). Drug should be outlawed.

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I am a victim of the statin drugs! Last March 2006 all I could do was sit on the sofa and sleep. Thanks to Dr. Graveline's web site I found out about the supplements that the web site recommended and with these supplements lead a semi active life. Please note that without said supplements I would be back on the sofa or probably dead. If I miss the supplements my muscles start aching and I get worse.

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Our life has been drastically changed as a result of the statin drugs. My husband went from a healthy active person to a very inactive one. All because of the statin drugs!

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I have permanent muscle and nerve damage and am 100% disabled due to statin use.

Blood tests to monitor for statin damage were always normal, so were USELESS in protecting me!

For over 5 years, my means of mobility have been a cane and wheelchair, the statin RUINED MY LIFE!!! I was 43 when life as I knew it ended due to statin use.

From discussing statins with people I personally know, I have found that adverse statin effects are not at all RARE, and are in fact alarmingly COMMON.

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Far too many people have been damaged by these drugs. Their loved ones suffer needlessly too, as for those with memory loss, it becomes a handicap to be dealt with.

Who is going to pay for the care that these damaged folks will need when their muscles no longer work properly or they can no longer care for themselves due to chronic pain or severe memory loss and loss of cognitive functions? This and many other dangerous prescription drugs need to be investigated and removed from the market!

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I took crestor 10mg. for 3 months. I developed muscle pain all over. 1 yr and 3 months later I Still suffer, many tests,many doctors,lots of med. bills, Now have high blood pressure,Gout attacks, I'm on lots of meds, I still can not work full time. my life is not the same, no end in sight.Even though I have insurance I still owe so much.I need HELP, PLEASE! Prior to taking crestor I was pain free. I suffer daily, my family suffers daily . I don't want anyone else to suffer.DOES ANYBODY CARE??

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I was perfectly healthy and then was diagnosed on a blood test, with Hypercholesterolaemia (I now know it is not a real disease - an invention!). I was perfectly healthy up to that point.

But I was in difficulties within 6 days on 40mg Simvastatin.

Realised with my 1960's knowledge of biochemistry that all toxic symptoms related to the inhibition/poisoning of my 'mevalonate metabolic pathway'

Luckily I stopped on day 6 and seem to have made a full recovery - with BP 120/80 (24hr average

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This statin fiasco brings nothing but shame to my profession, the practice of medicine.

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currently on lipitor 40mg for familial hypercholesterolemia- noticeable side effects from 1 month of usage. Irritability, fogginess, lack of energy, aggressive, forgetfulness, confusion, speech impairment, depression, more frequent heart palpitations, craving high cholesterol foods. this so called miracle drug has been more like a living hell. I just hope the brain damage which it seems to have caused can be reversed. Im only 23 years old.

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Diagnosed with CIDP---but inconclusive. All effects of the black box warning for Zocor is what I had-tingling, loss of sensation, peripheral neuropathy, pain and loss of strength in hands, arms, and legs. Could barely walk, or lift anything. Doctors refused to admit any connection to zocor. When I quit zocor on my own, I was then able to walk halfway normal after a couple weeks. Still have lingering effects from Zocor----and doctors still refuse any connection to Zocor.

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30 days on statins ended up costing me \$50,000.00 out of pocket over 3 years, and it took me 2 years just to convince doctors that the statin is what caused my problems. My condition went from statin myopathy, to now having Mitochondrial Myopathy. I have to pay \$200.00 each month for medication, just to be able to function. This drug can be bad!

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After taking low doses of Lipitor for about 3 years it has dramatically changed my life for the worse. I have weak leg and arm muscles as well as pain, some memory loss and other problems.

I ask that you PLEASE take time to investigate the harm statins are doing to thousands of us around the world and stop them from being given out to anyone else.

Kindest regards!

Sue OKray

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I just turned 44 six days ago. I stopped smoking a few months ago, don't drink, and I was exercising on a daily basis. I also watched my diet to keep fit and healthy as I could. Although, I had no other contributors to a heart attack or stroke besides a high Total cholesterol number (which is hereditary) my doctor put me on Vytorin. 16 months later, I can barely walk and I suffer daily with burning sensations, numbness, and pain from my neck to my toes.

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When my wife went off Lipitor, I got my wife back. It was like she was going thru menopause again, while on Lipitor. She was a real bitch. Now she is back to being her pleasant self.

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Due to statin damage, I had to quit Lipitor, and start using supplements which are not covered by insurance. Statins are a danger to many people, and I wish for them to be investigated. Many people have had adverse reactions to them. Several of my friends have had to quit statins, or will have to, due to muscle and nerve damage. I have had to retire, due to mental confusion and physical weakness, caused by statins.

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I took zocor from 1998 to 2002...had severe bloody diarrhea, muscle weakness/pain/ progressed to nerve damage in my feet and a nerve tumor...Tests at Mayo clinic ruled out any disease that may have caused these symptoms...conclusion...the zocor...I have been off zocor since 2002....all symptoms have disappeared except I have permanent periferal neurapathy...zocor ruined this otherwise active persons life.....

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I was on statin drugs and started having trouble walking. My legs would bother me so much. I quit taking the meds and it gradually got a lot better.

Carol Bulger

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I was on Lipitor for 5-6 years. Started on 10mg and over the years upped to 40mg. I had to many problems to list and when the memory problems started, I decided to get off of it and see if that was the cause, 2 days off and I knew it was. The stuff had stolen almost all my energy and life and darn near made a cripple out of me. I am convience that another year on them I would have been completely unable to take care of myself anymore and I am only 60 years old!

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In just over three years I was reduced from a robust, physically active 61 yr old to a pain-ridden, doddering old man. Aafter 6 months off Statin drugs (Lipitor and Zocor) I can now sleep thru the night and climb stairs pain-free. I'm not at the gym again; not yet, but hopefully. PLEASE help prevent this misery from visiting other new patients by insisting on STRICT medication guidelines, testing, and information dissemination legislation.

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Statin drugs have reduced my quality of life down from about an eight to a one. My muscles are now so weak and painful that I was not even able to attend my youngest son's recent wedding.

Please help us.

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13 years of statin use has given me weak arms, hands, muscle atrophy and twitching. I am also exercise intolerant. I used to lift weights and run 4-5 miles per day. I suffer from fatigue and I feel that statins ruined my quality of life. I am 49 years old and feel like I am 80. Please consider the long term effects of statin medications. As time goes on, I bet you will see more and more problems arising from use of statins. Please investigate this and educate doctors about the hazards.

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I almost lost my life due to statin damage in 2002. The damage is permanent, but supplementation with the vital CoEnzyme Q10 is now necessary, also with L carnitine, which holds back further muscle wastage.

The damage caused to Q10 production in the body has been known since 1990 and is the subject of two patents awarded to Merck, but not acted upon nor their contents made known to medical authorities. A 1990 study by Karl Folkers et al also shows measurements and some effect of this damage

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17 years on statins (Zocor & Lipitor) After 5 years I had to give up work as a college lecturer in Maths because of lack of stamina and impaired thought processes. My doctor did not associate these effects with statin therapy but concentrated solely on driving down my cholesterol level. I have suffered from pain in my arms and weakness in both arms and legs. I have only recently discovered that my symptoms are common amongst statin users and that research has falsified the cholesterol hypothesis

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A moderate dosage of Zocor (20 mg/day over 3.5 years) caused a host of alarming and unexplainable problems, including not only numerous muscle injuries but also problems of cognition, perception, energy, and memory. Eventually a neuropathy set in that caused a pulsing sensation throughout my body that lasted for months. As a Ph.D. professional these problems threatened my productive career. Only stopping the statin ended these problems. A year later I'm almost back to normal.

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Long term leg muscle problems after four 20 Mg doses of Zocor. Blood testing showed no problems.

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The prescribing of statins has reached unprecedented proportions. The benefits of a low cholesterol are being readily disproven by peer-reviewed evidence. The iron grip of the pharmaceutical industry is absolute and the industry is looking for more ways to put more people on statin therapy. It has been mooted that every human would benefit and that statins should be added to the water supply. The World Health Organisation must help ordinary people to resist this money generating madness.