

Evaluating Vitamin D Levels and the Tolerability of Every-Other-Day Statin Administration in Patients with Previous Statin Intolerance



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INTRODUCTION

- Statin therapy is established in the literature¹ as an effective means of reducing stroke and cardiovascular events in patients at risk.
- Statins are generally well tolerated; however some patients discontinue use due to adverse effects. Some studies²⁻⁵ suggest every-other-day statins to be more tolerable and still effective.
- Some studies suggest that statin use, along with low Vitamin D levels, are associated with increased myopathy⁶⁻⁹.

OBJECTIVES

- Assess tolerability and efficacy of every-other-day (EOD) statin dosing in patients with previous statin intolerance.
- Evaluate patient vitamin D levels in statin intolerance.

METHODS

- A report was generated to identify outpatient Veterans who had a prescription for EOD dosed statin from January 2010 to July 2015.
- Study statins include atorvastatin, pravastatin, rosuvastatin, and simvastatin.
- Excluded if non-statin lipid lowering medication started after EOD statin dosing began and before first follow up lipid panel or if missing lipid panel.
- Efficacy of EOD statin dosing measured by change in plasma LDL-C compared to the expected change in LDL of standard therapy for appropriate intensity statin.
- Tolerability of EOD statin defined as usage greater than 6 months or if the Veteran tolerated titration back to daily statin.
- Reason for statin intolerance will be determined by progress note review and/or reported adverse reaction.
- Low Vitamin D defined as less than 30 ng/mL.

CONCLUSION

- Most Veterans (83%) tolerated every other day administration of a statin.
- Most statins administered every-other-day achieved LDL-C lowering comparable to daily low- and moderate-intensity statins.
- In Veterans already taking a daily statin, switching to an every-other-day administered statin did not significantly alter LDL-C levels.
- This may be a beneficial therapy for Veterans unable to tolerate daily statin therapy as there is still some LDL-C lowering effect.
- Low Vitamin D levels were found in some Veterans who discontinued every-other-day statin, but more controlled studies are needed.

RESULTS

A total of 199 Veterans were found to have received a prescription for an every-other-day statin between January 2010 and July 2015.

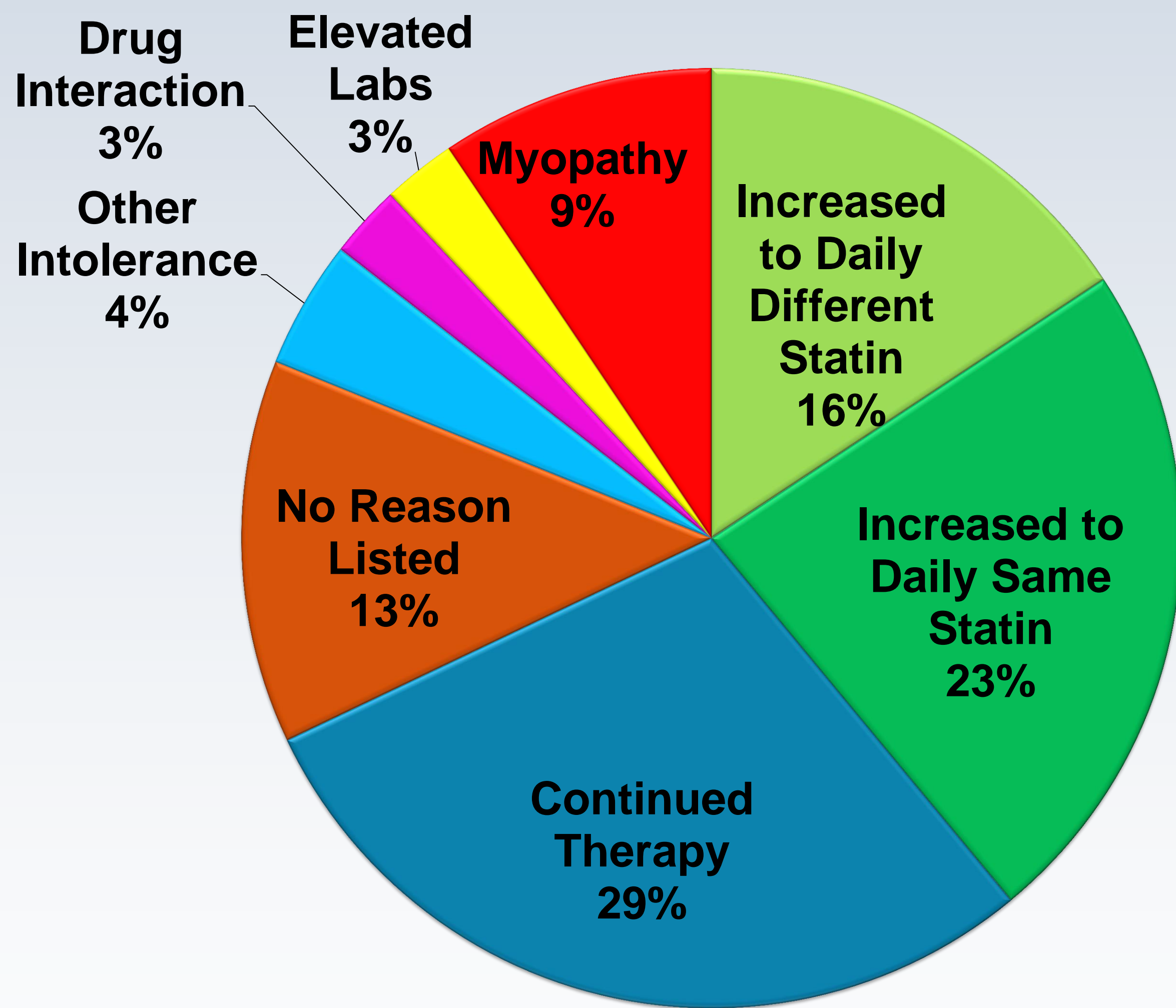
159 Veterans met inclusion criteria:

- 94.3% were male Veterans
- Mean age: 64.9 years
- 32% were current smokers
- 81% were treated for hypertension
- 45% had diabetes

Of the 159 Veterans reviewed:

- 83% tolerated every-other-day statin therapy for greater than 6 months or increased to a daily statin.
- 21 Veterans stopped statin therapy during the study due to intolerance (15 for myopathy).
- 13% of Veterans reporting myopathy had Vitamin D levels less than 30 ng/mL.

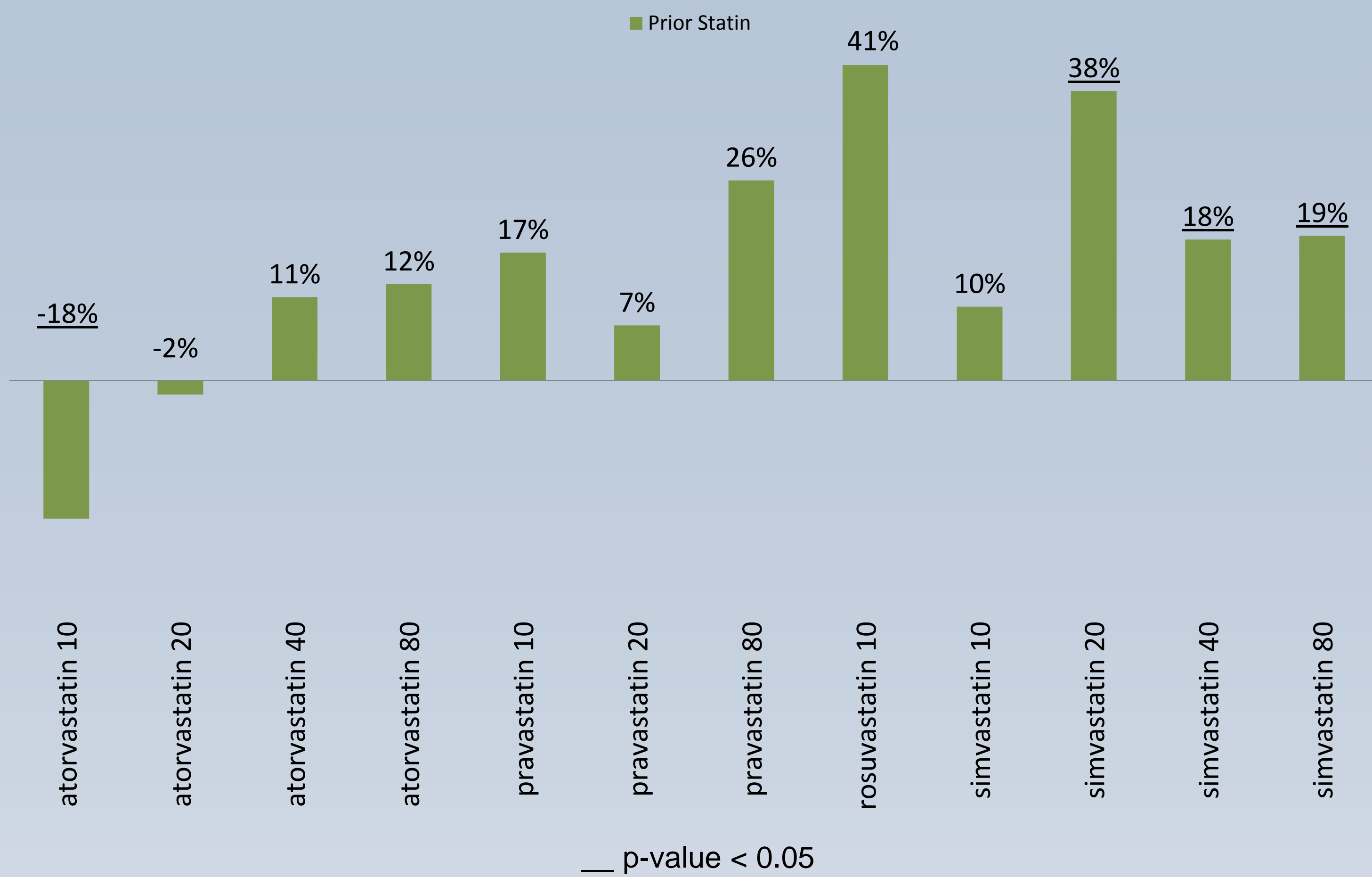
Every Other Day Statin Tolerability



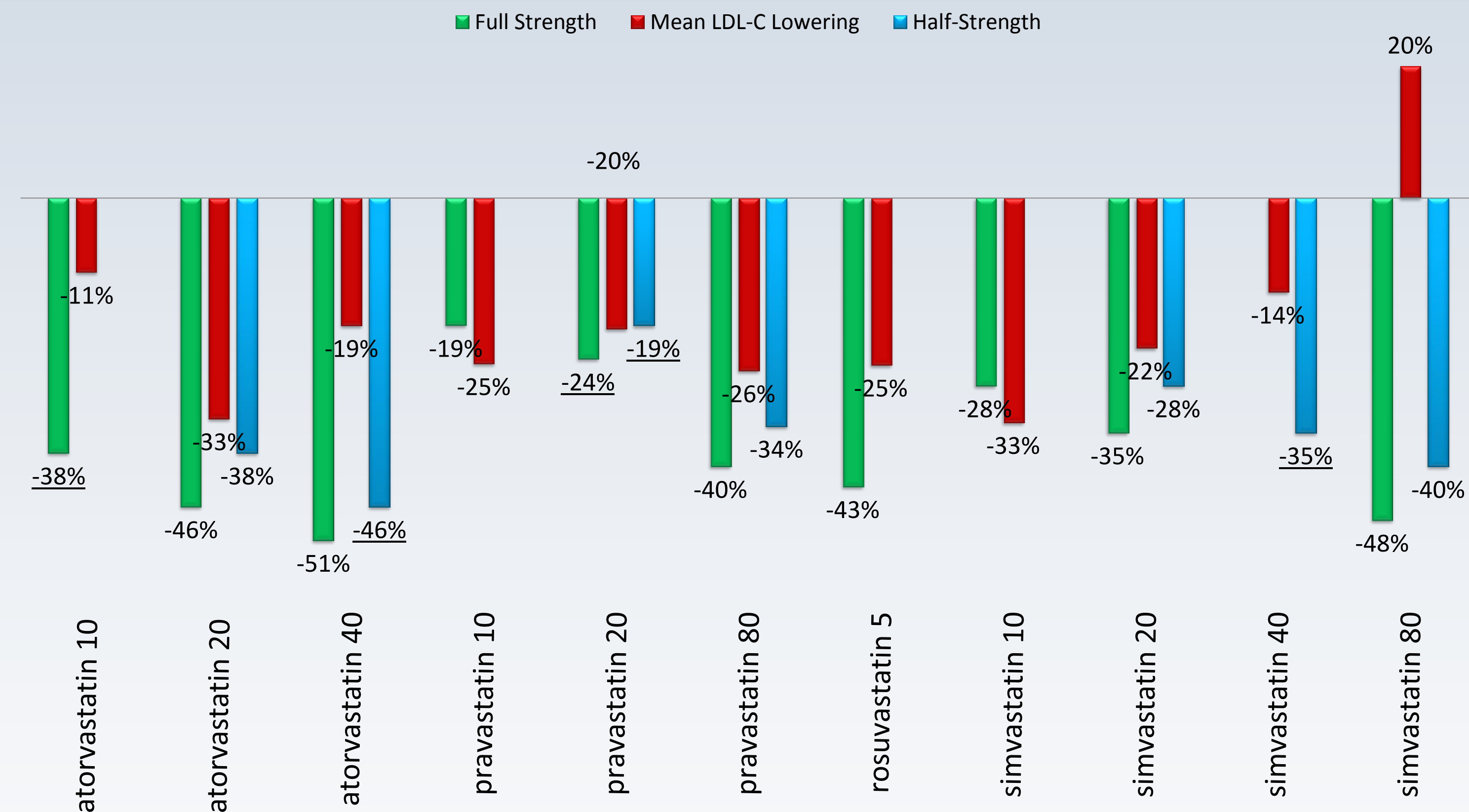
DISCLOSURES

Authors of this presentation have the following to disclose concerning possible financial or personal relationships with commercial entities that may have a direct or indirect interest in the subject matter of this presentation:
Melissa Waterhouse: Nothing to disclose
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This material is the result of work supported with resources and the use of facilities at the VHSO. This study pending approval by Central Arkansas Veteran Healthcare System Institutional Review Board.
The views expressed on this poster are those of the authors and do not necessarily reflect the position or policy of the Department of Veterans Affairs or the United States government.

Every Other Day Statin LDL Lowering in Veterans Already Taking a Daily Statin



Comparison of LDL-C Lowering in Veterans Who Were Not Receiving a Daily Statin in the Previous 3 Months



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