

## **Another Nail in the Coffin for Statin Drugs - New Research Finds Statins Increase Artery Calcification**

*By Tony Isaacs, Natural News*

In yet another blow to the claimed benefits of statin drugs, newly published research has found that statin drug use leads to accelerated coronary artery and aortic artery calcification, both of which greatly contribute to cardiovascular disease and mortality. The new study comes on top of findings that led the FDA to mandate adding "diabetes risk" to the warning label of statin drugs.

### **Statin drugs cause problems they are marketed to solve**

The latest discovery makes it clear that statin drugs not only carry a significant risk of developing type 2 diabetes, they also accelerate the cardiovascular complications associated with diabetes. This has to be particularly disconcerting to the pharmaceutical companies since they have been marketing statins to reduce cardiovascular morbidity and mortality, not accelerate it.

According to Dr. Arthur Agatston, cardiologist and author of the *South Beach* diet books, coronary calcium is the best predictor of who will have a heart attack and who will not. A recent study published in the *Journal of the American Medical Association* found that coronary calcium was six times more accurate in predicting an impending heart attack than the risk factor of a family history of coronary heart disease.

In the new research, just published in the journal *Diabetes Care*, researchers looked at patients with type 2 diabetes and advanced atherosclerosis and found that coronary artery calcification "was significantly higher in more frequent statin users than in less frequent users." Further, the researchers looked at a subgroup of participants who were not initially receiving statins and found that "progression of both CAC [coronary artery calcification] and AAC [aortic artery calcification] was significantly increased in frequent statin users."

The initial premise used to market statin drugs was that they lowered cholesterol and cholesterol led to clogged arteries and heart attacks. That premise has been roundly discredited and the fact is that there has never been a single study which has proven that increased cholesterol levels cause heart attacks or other coronary problems.

Increasingly, it is being demonstrated that inflammation is the real culprit in arterial plaque. As *NaturalNews* recently reported, regardless of the amount of cholesterol in the blood, inflammation will result in the depositing of cholesterol to repair arteries damaged by inflammation.

One of the worst effects of statin drugs is to lower the natural production of Coenzyme Q10 (CoQ10), a compound which is absolutely vital to optimal health and is particularly important for muscle health. The heart just happens to be the largest muscle in the body.

Overall, statin drugs have been linked to more than 300 side-effects, including weakening of the heart muscle. The results of this latest negative study on statin drugs may prove to ultimately be a final nail in the coffin of these dangerous drugs - though given the billions of dollars in profits the drugs rake in, we can expect to see the pharmaceutical industry fight tooth and nail to keep the drugs on the market.

### **Nature offers better, safer solutions**

As is usually the case, nature offers much better and safer alternatives for healing and preventing heart disease - such as proper diet and nutrition, a healthy, active lifestyle and natural supplements which protect and heal the cardiovascular system.