





A CURATED WEEKLY OVERVIEW OF ALL STATIN PUBLICATIONS

Update week 29 & 30 - 2023

Dr. Peter Lansberg is a Dutch lipidologist, educator and innovator. He has been instrumental in setting up The Dutch National Lipid Clinic Network, the Dutch Lipid Clinic Criteria for Familial Hypercholesterolemia (FH), and the Dutch National FH screening program

The Statin Newsletter will keep you up-to-date with all recent statin publications. Based on a curated approach to select relevant articles.

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## **Key Publications**

- 1. Could statins be of use in the treatment (liver)cancer?
- 2. What is the right statin before a PCI?
- 3. The role of statins in primary stroke prevention in diabetic patients
- 4. AKI triggered dialysis patients show improved outcomes with statins
- 5. Neurodegenerative diseases in depth review on the role of statins



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## Beyond cholesterol, atorvastatin's therapeutic potential in liver cell carcinoma

Statins, traditionally used to lower cholesterol levels, are recognized to have additional, pleiotropic effects. This study aimed to assess the pleiotropic effects of three statins, atorvastatin, simvastatin, and rosuvastatin, on hepatocellular carcinoma (HepG2) cells. Using MTT assay, the cytotoxic effects were assessed. The influence of statins on reactive oxygen species (ROS) production and glucose production was also determined. Results showed that all tested statins had cytotoxic effects on HepG2 cells, with atorvastatin and simvastatin (lipophilic statins) showing more pronounced effects than rosuvastatin (hydrophilic). Furthermore, statins increased ROS production and glucose production and excretion. The less pronounced pleiotropic effects of rosuvastatin are hypothesized to arise from its structural differences, including its hydrophilic nature, leading to lower cellular accumulation. The article also provides background information on statins, including their mode of action, pleiotropic effects, and classification based on structure and solubility. Statins can be lipophilic (e.g., simvastatin, atorvastatin) or hydrophilic (e.g., rosuvastatin), which determines their transport mechanisms into cells. The liver, central to lipid and statin metabolism, is where statins predominantly exert their effects. In conclusion, the study underscores the diverse effects of different statins on HepG2 cells and implies potential applications in cancer therapeutics, although further research is warranted.

Some pleiotropic effects of statins on hepatocellular carcinoma cells: Comparative study on atorvastatin, rosuvastatin and simvastatin. <u>Adv Med Sci</u> 2023; 68:258-264Dautović E, Rustemović-Čorbić M, Srabović N *et al.* http://www.ncbi.nlm.nih.gov/pubmed/?term=37478516

#### High intensity statins superior for pre-PCI

Statin medications are commonly used to manage cholesterol levels. Their intensity, i.e., the dosage and strength, can vary. This study focused on the impact of high-intensity statin treatment on microcirculation (small blood vessels) function in CHD patients after they have undergone PCI. High-intensity statin treatment showed similar Myocardial Blush Grade (MBG) results in comparison to non-high-intensity statin treatment after PCI. However, highintensity statin treatment significantly reduced the Index of Microcirculatory Resistance (IMR), thus improving microcirculation function in CHD patients post-PCI. The results suggest that starting high-intensity statin treatment before PCI, where there are no contraindications, could be beneficial for patients. This study specifically compared highintensity statin treatment to non-high-intensity treatment concerning microcirculation function after PCI. It included comprehensive parameters like TIMI (Thrombolysis in Myocardial Infarction) flow grading, MBG, and IMR to assess the impact. Only randomized controlled trials (RCTs) were incorporated to increase reliability. Additional analyses (like subgroup analysis, sensitivity analysis, and publication bias analysis) were performed to ensure the robustness of the results. Limitation of this study were that studies may have had populations with varying characteristics, introducing bias. Not all included studies may have had a blinding method, and the number of RCTs specifically focusing on IMR and MBG was limited. The authors concluded that high-intensity statin treatment, when compared to non-high-intensity treatment, showed improved outcomes in TIMI grading and IMR for CHD patients post-PCI. It suggests that such treatment can effectively enhance microcirculation function. However, future research with larger sample sizes and higher quality is essential to validate these findings.

A systematic review and meta-analysis of the effect of high-intensity statin on coronary microvascular dysfunction. <a href="BMC Cardiovasc Disord">BMC Cardiovasc Disord</a> 2023; 23:370Huang B, Han X, Pan Y, Chen D. <a href="http://www.ncbi.nlm.nih.gov/pubmed/?term=37488501">http://www.ncbi.nlm.nih.gov/pubmed/?term=37488501</a>

#### Statins reduced stroke risk in diabetic patients

This study examines the protective benefits of various statin classes, intensities, and cumulative doses against primary ischemic stroke in Type 2 Diabetes Mellitus (T2DM)

patients. T2DM significantly heightens the risk of ischemic stroke. Notably, statins have been known to reduce recurrent ischemic stroke risk in patients with heart diseases but remain unverified for primary ischemic stroke prevention in T2DM patients. Using the Cox hazards model, the study compared T2DM patients who received statins against those who didn't. The findings indicate a notable risk reduction in the former. Different statin classes, such as pitavastatin and rosuvastatin, among others, showed significant reductions in primary ischemic stroke incidence. Moreover, higher cumulative defined daily doses (cDDDs) per year correlated with increased stroke risk reduction. Statins likely offer cerebrovascular protection through various mechanisms, including reductions in embolic stroke incidents and stabilization of vulnerable atherosclerotic plaques. One novel finding is that an optimal daily dose intensity of 0.89 DDD for statin use is associated with the least primary ischemic stroke risk in T2DM patients.

The study's strength lies in its large sample size and usage of real-world, long-term data, making it a pioneering exploration into the dose-dependent protective effects of different statin classes against primary ischemic stroke in T2DM patients. However, limitations include the absence of laboratory data, which restricts deeper insights into LDL-C reduction and potential anti-inflammatory effects of statins. In summary, the research underscores the potential of persistent statin use in reducing primary ischemic stroke risk in T2DM patients, especially when considering statin class and dosage. Further research is needed to elucidate the specific mechanisms driving these protective effects.

Protective Effects of Different Classes, Intensity, Cumulative Dose-Dependent of Statins Against Primary Ischemic Stroke in Patients with Type 2 Diabetes Mellitus. <u>Curr Atheroscler Rep</u> 2023; Yu JM, Chen WM, Shia BC, Wu SY. http://www.ncbi.nlm.nih.gov/pubmed/?term=37515725

#### Statins improve risk and survival in AKI related dialysis patients

This analysis explores the link between statin use after renal replacement therapy (RRT) and mortality rates in patients with acute kidney injury that requires dialysis (AKI-D). The analysis draws on data from the Medical Information Mart for Intensive Care IV database between 2008 and 2019. Among the 1,035 patients with AKI-D, only about a quarter were administered statins post-RRT. The study found that patients receiving statins exhibited a considerably lower 1-year mortality risk (49.2%) compared to those who didn't receive the medication (69.6%). Statins, primarily recognized for lowering cholesterol, have other properties beneficial for patients, including anti-inflammatory, antioxidant, and immunomodulatory effects. The therapeutic benefits of statins have been validated in previous studies, particularly for their role in reducing cardiovascular events and improving patient outcomes. However, the novelty of this study lies in its focus on the period after RRT in patients with AKI-D. The researchers further emphasized that even younger patients (below 50 years) showed improved survival rates when administered statins. However, the study does have limitations. Being a retrospective study, the generalizability of its findings is limited. Additionally, missing demographic data could have influenced the outcomes. Despite the promising results, further prospective research is essential to validate the findings. In conclusion, statin therapy after RRT appears to reduce both 1-year and inhospital mortality rates, even in younger AKI-D patients.

Association of statin use after renal replacement therapy with mortality in patients with dialysis-requiring acute kidney injury. <a href="International urology">International urology</a> and <a href="nephrology">nephrology</a> 2023; Chang HH, Liu WC, Tsai TC. <a href="http://www.ncbi.nlm.nih.gov/pubmed/?term=37458929">http://www.ncbi.nlm.nih.gov/pubmed/?term=37458929</a>

# Comprehensive review the effects of simvastatin on neurodegenerative diseases

The article highlights the potential of simvastatin, a cholesterol-lowering drug, in addressing brain complications and diseases. Statins, which are designed to decrease plasma cholesterol levels, can be classified based on their solubility. Simvastatin, due to its high lipophilicity, is effective in crossing the blood-brain barrier. This unique feature has led researchers to believe that simvastatin could be employed in the treatment of various brain complications, such as tumors and neurological disorders like Alzheimer's, Parkinson's, and Huntington's diseases. The article, however, emphasizes that the specific mechanisms by which simvastatin might alleviate these conditions remain unclear. The significance of

cholesterol in brain function and health is underscored by the observation that the brain, accounting for about 2% of body weight, contains around 23% of the body's total cholesterol. Cholesterol's pivotal role in the brain includes components like myelin, synaptogenesis, and neurite outgrowth. Aberrant brain cholesterol levels have been linked to a spectrum of neurological diseases. In concluding, the article suggests that simvastatin might go beyond merely reducing cholesterol, potentially offering therapeutic benefits for brain-related complications. But it also acknowledges the current controversy surrounding simvastatin's effectiveness in this role. The potential of simvastatin remains promising, but the call is clear: more in-depth research is required to understand its precise impact on neurological diseases associated with abnormal cholesterol metabolism.

The Potential Therapeutic Application of Simvastatin for Brain Complications and Mechanisms of Action. Pharmaceuticals (Basel, Switzerland) 2023; 16Vuu YM, Kadar Shahib A, Rastegar M. http://www.ncbi.nlm.nih.gov/pubmed/?term=37513826

### **Relevant Publications**

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## **Basic Science**

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