

Efficacy and Safety of Switching from Low-Dose Statin to High-Intensity Statin for Primary Prevention in Type 2 Diabetes: A Randomized Controlled Trial.

Thongtang N, et al. Diabetes Metab Syndr Obes. 2020; 13:423-431.

- Low-dose statin group (LS): Simvastatin ≤ 20 mg/day.
- High-intensity statin group (HS): Atorvastatin 40 mg/day for 6 weeks, and then, if tolerated, atorvastatin 80 mg/day.
- 150 type 2 diabetes patients (76 LS, 74 HS, mean age 58.9 ± 8.9 years) were included.
- The HS group had a significantly lower plasma LDL-C level at both 6 and 12 weeks. Plasma LDL-C < 40 mg/dl was found more frequently in the HS group (23.0% vs. 3.9%).

Switching from low-dose statins to high-intensity statins resulted in a significant reduction in plasma LDL-C levels, and was fairly well tolerated during a 12-week study period.

