Statins

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Why in News?

Study finds statins, which lowers cholesterol, could bring down death rate in patients with sepsis.

- Statins are a class of ***medications designed to lower cholesterol levels*** by inhibiting a specific enzyme in the liver responsible for cholesterol production.
- These drugs are commonly prescribed to help mitigate the risk of cardiovascular diseases, including heart attacks and strokes, which can arise from elevated cholesterol levels in the bloodstream.
- Excess cholesterol can lead to the formation of plaque on arterial walls, resulting in the narrowing or hardening of these blood vessels over time.
- Certain statins have been shown to reduce low-density lipoprotein (LDL) cholesterol, often referred to as "bad" cholesterol, by 50% or more, as high levels of LDL can obstruct blood flow by accumulating in the arteries.
- In addition to lowering cholesterol, statins have been associated with a decreased risk of heart disease and stroke, and they may also play a role in reducing the likelihood of certain blood clots.
- However, it is important to note that statins can interact with other medications, potentially leading to serious side effects, such as muscle damage.
- Beyond their cholesterol-lowering effects, statins possess anti-inflammatory, immunomodulatory, antioxidative, and antithrombotic properties.
- It may help to alleviate excessive inflammatory responses, restore endothelial function, and exhibit potential antimicrobial activities.

Reference

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