



The Medical **Bulletin**

In Diabetology

Update Statin Induced New onset Diabetes

- The available evidence supports that statins do increase the chances of T2DM with some statins
- Some are more strongly related (e.g., simvastatin, rosuvastatin and atorvastatin) than others (e.g., pravastatin).
- The risk of incident diabetes mellitus with statin therapy is largely outweighed by the actual cardiovascular benefits.
- Before initiation of statin therapy, do assess the risk of diabetes.
- Monitor for high risk of developing diabetes by seeing changes in blood glucose and HbA1c levels, and start preventive lifestyle modification.
- Continue statin in patients in whom statins are prescribed due to high or very high CVD risk, despite the risk of T2DM development until they achieve the target LDL-C levels.
- Several mechanisms exist by which statin treatment causes β -cell dysfunction and insulin resistance in peripheral tissues.
- Two uncommonly used statins, pravastatin, or especially pita-vastatin may be favored over other statins in patients at elevated risk of new onset type 2diabetes due to their apparently lower tendency to cause diabetes.

Dr. NK Singh
MD, FICP, FACP, Dhanbad