

# Cholesterol and Statins

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An appeal from Doctor Michel de Lorgeril from the CNRS in Grenoble, France.

One of my specialities as a researcher is cardiology, cholesterol and drugs that counteract cholesterol.

My conclusion after 3 decades of work on the subject, is that the issue of cholesterol and anti-cholesterol drugs is an appalling disgrace to health, even worse than the case of the drug MEDIATOR.

That is why I am calling on people to respond.

When you have finished reading what follows, I think that you will agree to the fact that health authorities should finally gather together a committee of experts, who are truly independent from the pharmaceutical industry, to re-examine existing scientific studies objectively and review the official recommendations about cholesterol treatment.

Our goal is, that at least people will not be prescribed drugs that could seriously damage their health.

Because 'statins', the drugs which are used to combat cholesterol, are not only inefficient at reducing cardiovascular mortality but above all, these drugs are also toxic. There is no longer any doubt today. The most up-to-date scientific studies indicate that anti-cholesterol medications could :-

-Raise the risk of cerebral haemorrhage : this being the findings of several studies since the middle of the first decade of the twenty-first century. To have a low cholesterol level (or have it decreased with medication) raises the risk of haemorrhagic CVA (Cerebro Vascular Accident), a dramatic occurrence that can lead to paraplegia (paralysis) and death.

-Raise the risk of cancer : numerous studies have shown that having a low level of cholesterol raises the risk of cancer. Moreover, clinical trials with drugs have shown an increase in cancer, particularly breast cancer, in patients who had received a statin, in comparison to those who had received a placebo.

-Increase the risk of decline in cognitive skills related to aging, in other words, becoming senile, even mentally ill (Alzheimer's Disease).

-Increase the risk of diabetes : up to 70% increased risk after the menopause. In the absence of diabetes, statins increase insulin resistant syndromes also known as pre-diabetes.

-Increase the risk of blindness.

-Increase the risk of sexual disorders for both sexes and specifically impotence in men.

-Increase the risk of kidney problems proportionally to the statin doses received.

-Increase the risk of muscular, tendon and ligament problems : experts are talking about more than 50% reduction in capacity for physical activity.

-Increase the risk of inflammatory joint disease.

For years now, I have dedicated myself to heart research, the prevention of cardiovascular illnesses and cancer. Along with other experts in numerous countries, we consider that the pharmaceutical industry has dangerously played down the risk of toxic side effects due to anti-cholesterol medication, and everything today is done to blot out the reality of this toxicity. The problem today is that this vital information for the patient is hidden in the medical press and ignored by the French authorities.

The aim is not to make you stop your medications ; this should be discussed with your doctor.

The aim is to urgently obtain a committee of independent experts not linked to the industry and other pressure groups, in order to reassess the recommendations regarding cholesterol and the drugs used to counter it.

That is why I urge you to sign the petition (see the link below) to be sent to French National Medical Insurance Agency and the ANSM (French Agency for Health, Food, Environment and Food Safety).

This is a real emergency because at least 7 million people in France are being treated with these medications against scientific and medical logic !

How can the medical profession make such a mistake about cholesterol and anti-cholesterol medication ?

The first reason is the influence of the pharmaceutical industry. Statins, which are the main medication against cholesterol, constitute one of the biggest chunks of the world pharmaceutical market well in front of antibiotics, anti-depressants and most of the anti-hypertensive and cancer chemotherapies. In the last 20 years this market has generated 300 billion dollars to the pharmaceutical industry. Gigantic financial interests are involved. Some of them will do anything to hide the truth, including the publishing of numerous distorted studies claiming a false effectiveness for these anti-cholesterol drugs. These are the mistakes and manipulations which I have been reporting in my books and my scientific publications. Nobody to date has contradicted me or pointed to any errors.

The second explanation is that there is a trend in the medical field for very serious misconceptions to dominate the entire profession for long periods of time.

It took decades to recognize that tobacco was responsible for 95% of all lung cancer. Many doctors, linked to the industry, dismissed the dangers of asbestos and it was several decades before it was banned. It took 35 years to get the drug MEDIATOR off the market.

The mistake with anti-cholesterol medication is yet one more example. However, it affects tens of millions of people on a global scale !!

No evidence has arisen in scientific studies to prove a link between coronary mortality and the level of cholesterol.

On November 12th 2004, around 10 years ago, an extensive study was published in the British Medical Journal, showing that the prescription of statins had multiplied by 7 between the years 1996 and 2002 in the UK, without leading to the slightest decrease in the number of hospital admissions for myocardial infarction.

On January 14th 2008, the results published from the clinical trial « Enhance » on two molecules (simvastatine and ezetimibe) prescribed to millions of patients to decrease their cholesterol rate, showed complete ineffectiveness in preventing arteriosclerotic lesions.

These medications have no protective effects on the arteries. This trial had been conducted on people carrying a genetic hypercholesterolemia (those who should benefit most from anti-

cholesterol medicine). The investigators and the sponsors tried to hide the negative results. This demonstrates clearly that the existence of a conflict of interests could lead to questionable behaviour both from drug companies and also investigators (doctors and scientists) working for those companies .

This is not new. Since the discovery of cholesterol serious scientists have been asserting that it does not provoke heart disease.

According to the data from the extensive Framingham Heart Study on cholesterol, there is no clear relationship between cholesterol and the risk of infarction to people over the age of 50, particularly women.

For people who have already had a heart attack, we are talking in this case about secondary prevention. Three serious trials have been done to drastically reduce saturated fats of animal origin, replacing them with vegetable fats and thereby reducing cholesterol.

The Oslo study has shown no significant difference between the test groups. A study carried out in London has shown a similar cardiac mortality in both groups, with or without a no-cholesterol diet. Finally, a Sydney study has shown an important increase in mortality in the group that followed the no-cholesterol diet. These studies and others are described in my books written in French.

But the real health disaster started when we wanted to artificially reduce cholesterol in patients by the use of medication (fibrates then statins). In spite of this incredible accumulation of evidence, millions of patients continue to be prescribed these useless and toxic drugs. (No doubt there is no other medical field where the exposure is so visible and so huge as that of anti-cholesterol medicine)

The pharmaceutical industry and the doctors who are linked to it have done and continue to do everything possible to avoid the truth coming to light. More importantly, if the medical profession were to recognize the facts all of a sudden, one can imagine the number of lawsuits that could be triggered !

If we work together, we can force the health authorities to finally take some action on this subject. If we don't do anything, the existing system with all its corruption can go on for decades. Millions of patients, including yourself or those around you, will continue to live in the greatest uncertainty.

Not daring to oppose their doctors' orders or official protocols, they will continue taking medicine that is potentially poisoning them. Even though they know deep down that they are making a mistake!

Don't let this unbearable situation continue !

Take action yourselves and demand that the health authorities re-examine their guidelines regarding cholesterol solely on the basis of independent scientific studies (there is no shortage !).

By acting together, we can today, shake up the system and expose the truth. We will save lives.

I call on all my responsible fellow doctors who practise their professions in good conscience and with respect for the Hippocratic Oath, to urgently re-read medical literature on cholesterol and revise their prescriptions with regard to statins and other medications used to combat it and I urge them to sign our big petition.

I recall above all that many studies, largely ignored by the medical press and the mass media, have shown that natural methods (the adoption of a preventive way of life) can drastically reduce the risk of heart disease.

Continuing to conceal this from the public is worse than a scandal. It is a crime.

It is not cholesterol that leads to infarction and AVC. It is bad nutrition, a sedentary and deleterious lifestyle, tobacco and pollution of the atmosphere that lead to high blood pressure, diabetes and arteriosclerosis. If I have chosen to dedicate my life to medicine, it is for the good of

patients. My conscience forces me today to speak out loud and clear and tell the truth about the lies and propaganda surrounding cholesterol.

Don't be a victim yourself of this shocking manipulation. Defend yourself and those close to you.

That is why I am asking you to support our petition to the French National Insurance Agency and the Agency for the Safety of Health Products (ANSM) and to involve all the people around you.

[Click here to sign our big petition now](#)

Or copy the link above and attach it to the search bar

Dr Michel de Lorgeril