The effectiveness of statins for primary prevention: a rapid review

Schaink A

Record Status
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Citation

Authors' objectives
The objective was to determine the effectiveness of statins in avoiding downstream adverse clinical outcomes associated with dyslipidemia, specifically major coronary events and stroke.

Authors' conclusions
Three meta-analyses examining the effectiveness of statins for primary prevention were identified. Due to superior methodological quality and stringent criteria on exclusion of participants with a previous history of CVD, the meta-analysis by Taylor et al (10) was selected as the primary review to answer the research question, while the other 2 provided additional context. Statins significantly reduced the risk of major coronary events (i.e., combined fatal and nonfatal coronary events) in individuals without a previous history of CVD, compared to placebo. (GRADE quality of evidence: moderate) The risk of stroke (fatal and nonfatal) was significantly reduced in individuals without a previous history of CVD treated with statins, compared to placebo. (GRADE quality of evidence: low) The direction and magnitude of reduction in both major coronary events and stroke events was consistent across all 3 meta-analyses, despite differences in the definition of primary prevention populations.

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