

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

Statins do not cause dementia or cancer

In a May 2023 Tools for Practice, the question was: "Do statins negatively affect cognition, memory, or dementia?"¹ The answer: "Randomized controlled trials and large, long-term observational studies suggest no association between statins and risk of dementia or worsening cognition scores."

In addition, there is no increase in cancer but weak evidence of a slight reduction in some cancers.²

References:

1. [Forget about it? Statins and the risk of dementia](#) Tools for Practice #341
2. [Effect of Statin on Cancer Incidence: An Umbrella Systematic Review and Meta-Analysis](#) J. Clin. Med. (2019)

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