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Statin-Associated Muscle Symptoms Among New Statin Users Randomly Assigned to Vitamin D or Placebo

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Full Article Link:

<https://www.healio.com/news/cardiology/20221128/vitamin-d3-may-not-help-with-statinrelated-muscle-pain>

Quick Takes:

Question: Does vitamin D prevent statin-associated muscle symptoms and reduce statin discontinuation?

Findings: The 2083 participants in a randomized, double-blind trial of vitamin D supplementation who initiated statin therapy during follow-up and responded to a survey were equally likely to develop muscle symptoms (31% vs 31%) and discontinue statin therapy (13% vs 13%), whether assigned to vitamin D or to placebo.

Meaning: In this study, vitamin D supplementation did not prevent statin-associated muscle symptoms or statin discontinuation.

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