

National Lipid Association Releases Official Clinical Perspective on Assessment and Management of Statin-Associated Muscle Symptoms (SAMS)

JACKSONVILLE, Fla. – (September 9, 2022) – The National Lipid Association (NLA) announced the release of its official Clinical Perspective on Assessment and Management of Statin-Associated Muscle Symptoms (SAMS). The Clinical Perspective reviews the epidemiology and underlying pathophysiology of SAMS, the cardiovascular consequences resulting from statin discontinuation, and strategies for managing SAMS to help patients.

Statins are the cornerstone of lipid-lowering therapy and decrease the risk of atherosclerotic cardiovascular events. However, many patients do not take statins due to fear of or from experiencing statin side effects. Statin-associated muscle symptoms (SAMS) are the most common form of statin intolerance and are associated with an increased risk of cardiovascular events due to statin underutilization and discontinuation. The reported frequencies of SAMS are divergent in the literature. The writing group estimates the prevalence of SAMS, namely all muscle symptoms temporally related to statin use but without regard to causality, to be about 10% (range 5% to 25%), and the prevalence of pharmacological SAMS, specifically muscle symptoms resulting from pharmacological properties of the statin, to be about 1-2% (range 0.5% to 4%).

P. Barton Duell, MD and Bruce A. Warden, PharmD, chairs of the clinical perspective, explain it as, "A comprehensive multi-disciplinary document from the NLA designed to be the go-to reference for clinicians managing statin-associated muscle symptoms (SAMS). It provides practical tips for identifying and managing SAMS, with the primary goal of achieving atherogenic lipoprotein goals for cardiovascular prevention."

The manuscript, titled "Assessment and Management of Statin-Associated Muscle Symptoms (SAMS): A Clinical Perspective from the National Lipid Association" is in press with the Journal of Clinical Lipidology and can be accessed through the National Lipid Association's website at:

www.lipid.org/nla/assessment-management-statin-associated-muscle-symptoms-sams

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ABOUT THE NATIONAL LIPID ASSOCIATION

The NLA is a multidisciplinary specialty society focused on prevention of cardiovascular disease and other lipid-related disorders. The NLA's mission is to enhance the practice of lipid management in clinical medicine, and one of its goals is to enhance efforts to reduce death and disability related to disorders of lipid metabolism in patients. Members include an array of healthcare professionals, including MDs, DOs, PhD researchers, nurses, nurse practitioners, physician assistants, pharmacists, exercise physiologists, and dietitians.

To stay up-to-date on NLA and its activities, visit www.lipid.org or follow us on Twitter (@nationallipid), Facebook <https://www.facebook.com/nationallipid/> and Instagram (<https://www.instagram.com/nationallipid/>).

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