



NEWSLETTER

LATEST IN RESEARCH

Statins, Vitamin D, and Exercise in Older Adults

Statin Recommendations:

A recent study found that in adults over the age of 85 who started statins (medications that help lower cholesterol) had a 4.4% decreased risk in major cardiovascular diseases, including heart attack, stroke, or heart failure, over a five-year period. For adults between 75 to 84 years of age, only a 1.2% risk reduction was found. These results recommend discussing the initiation of statin treatment in older adults. Another study suggested that initiating statins for prevention at least 2.5 years before treatment is warranted is beneficial in adults aged 50 to 75.

Vitamin D Supplementation:

From data collected through randomized controlled trials and long-term observational studies, the Endocrine Society recommends against Vitamin D supplementation for healthy adults between the ages of 18 to 74 unless they are pregnant, have high-risk diabetes, or are advised by their physician. For those over the age of 75, low dose Vitamin D supplementation is recommended.

Light Exercise Over Sedentary Activities:

According to a study published in JAMA Network Open, healthy aging is closely linked with physical activity. The likelihood of healthy aging was reduced by 12 percent for each additional 2 hours spent doing sedentary activities, like watching TV or sitting. While 2 hours spent doing light activity (walking), increased aging healthfully by 6 percent. A 14 percent increase was found for those who engaged in one hour of moderate to vigorous activity (walking for exercise, lawn mowing).

Reference:

<https://www.medscape.com/statins-vitamin-d-and-exercise/>



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