

Atorvastatin Reduces Plasma Inflammatory and Oxidant Biomarkers in Patients With Risk of Atherosclerotic Cardiovascular Disease.

Mayyas F, et al. *J Cardiovasc Pharmacol Ther.* 2018 Jan 1:1074248417753677. [Epub ahead of print]

- Oxidative stress and inflammation are associated with endothelial injury and coronary artery disease. Inflammatory factors that promote oxidative damage include endothelin-1 (ET-1), myeloperoxidase (MPO), and C-reactive protein (CRP).
- Current guidelines recommend the use of statins in patients with risk of atherosclerotic cardiovascular disease (ASCVD).
- Moderate- and high-intensity atorvastatin use significantly improved plasma levels of lipids and inflammatory markers (ET-1, CRP, MPO, total nitrite, lipid peroxides, thiobarbituric acid reactive substances [TBARS], and superoxide dismutase [SOD]) in patients with moderate to very high risk of ASCVD after 12 weeks of treatment.

Moderate- and high-intensity atorvastatin use reduces plasma oxidative stress and inflammation regardless of ASCVD risk and independent of its lipid-lowering effect.