A Multicenter, Randomized, Placebo-Controlled Trial of Atorvastatin for the Primary Prevention of Cardiovascular Events in Patients with Rheumatoid Arthritis

Kitas GD, et al. Arthritis Rheumatol. 2019 Sep; 71(9): 1437-1449.

- Rheumatoid arthritis (RA) is associated with increased cardiovascular event (CVE) risk. The impact of statins in RA has not been established and thus, evaluated in this trial.
- RA patients age >50 years or with a disease duration of >10 years who did not have clinical atherosclerosis, diabetes, or myopathy received atorvastatin 40 mg or placebo.
- A total of 3,002 patients (mean age 61 years; 74% female) were followed up for a median of 2.51 years.
- Patients receiving atorvastatin had lower levels of low-density lipoprotein (LDL) cholesterol than those receiving placebo. C-reactive protein level was also significantly lower in the atorvastatin group than the placebo group.
- The rates of adverse events in the atorvastatin group and placebo group were similar.

Atorvastatin 40 mg daily is safe and results in a significantly greater reduction of LDL cholesterol level than placebo in patients with RA.