



MEDICAL TIPS

ROVASTAT TABLETS

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Rosuvastatin Slows Progression of Carotid Intima-Media Thickness: The METEOR-China Randomized Controlled Study.

Zheng H *et al. Stroke* 2022; 53: 3004-3013.

- Atherosclerosis is a leading cause of CVD worldwide and primary prevention through lipid lowering could avert the development of atherosclerosis.
- Carotid intima media thickness (CIMT) is a well-validated measure of atherosclerosis used as a primary outcome or an alternative end-point for CVD events.
- In a randomized, double-blind, placebo-controlled trial patients received either 20 mg rosuvastatin or placebo for a period of 104 weeks and the change in the CIMT measurements from 12 carotid artery sites were measured.
- Secondary end points measured included CIMT changes at different artery sites and changes in lipid parameters.

Rosuvastatin 20 mg/d significantly reduced the progression of CIMT in adults with subclinical atherosclerosis along with relevant improvements in the lipid parameters and was well tolerated.

