



Effect of Rosuvastatin on Oxidative Stress in Patients with Type 2 Diabetes Mellitus: A Prospective Interventional Study

Thej MK, et al. J. Clin. Diagn. Res. 2024; 18(6): BC01-BC06

- Oxidative Stress (OS) and inflammation are linked to cardiovascular disease (CVD) in type 2 diabetes mellitus (T2DM).
- The American College of Cardiology/American Heart Association (ACC/AHA) recommend statins regardless of baseline lipid levels in diabetic patients with CVD or who are over the age of 40 years and have one or more CVD risk factors.
- In the present study, effect of Rosuvastatin (20 mg for 12 weeks) on oxidant and antioxidant status in patients with T2DM was evaluated.
- Along with a significant lipid-lowering effect, Rosuvastatin showed a beneficial effect on OS markers as evidenced by a significant ($p < 0.05$) decrease in oxidant markers MDA [Malondialdehyde, (-9.06%)], PCC [Protein Carbonyl Content, (-21.2%)] and an increase in antioxidant markers FRAP [Ferric Reducing Ability of Plasma, (+9.08%)] and protein thiols (+11.8%).

Rosuvastatin produces a beneficial effect on CV risk in patients with T2DM through its lipid and non-lipid effects.

