

6 Ways to Reduce Inflammation -- Without a Statin Drug

Saturday, 06 December 2008 12:37 -

Experts predict that as a result of the so-called JUPITER study, which seemed to show that the statin drug Crestor lowers the risk of heart attacks and strokes in those with high levels of inflammation, will lead to millions of people being put on statin drugs.

But the benefits were actually tiny -- about 0.72 percent of the statin takers in the trial had a heart attack or stroke, compared with 1.5 percent of those taking placebos.

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