

## ZETIA (ezetimibe)

FDA approved in 2002

<b>What is this drug used for?</b>	To help reduce high cholesterol.
<b>Who might consider taking it?</b>	Adults who have failed treatment with other cholesterol lowering medications such as statins.
<b>What precautions should I take?</b>	If you have liver disease, ZETIA may make it worse. It is also not recommended in women who are pregnant or nursing.
<b>What other choices are there?</b>	Lifestyle changes such as reducing saturated fat and cholesterol intake combined with exercise can decrease your chances of a heart attack or stroke. If you are looking for a medication to help, statins are usually the best option.

## ZETIA (ezetimibe) Study Findings

**ZETIA (ezetimibe) added to on-going statin therapy:** 769 patients with primary hyperlipidemia, known coronary heart disease or multiple cardiovascular risk factors who were already receiving a statin but who were not meeting LDL-C goals were included in this study. 379 patients received ZETIA plus a statin and 390 received placebo plus statin for 8 weeks.

	<b>Statin + ZETIA (ezetimibe)</b>	<b>Statin + Placebo</b>
LDL-C reduced by:	25%	4%

**Atorvastatin compared to ezetimibe + simvastatin for reduction of LDL-C:** 788 patients with primary hyperlipidemia received different doses of either ezetimibe plus simvastatin or atorvastatin for 24-weeks.

	<b>Simvastatin 20mg + ezetimibe 10mg</b>	<b>Atorvastatin 10mg</b>
LDL-C reduced by:	37%	27%

**Simvastatin compared to simvastatin + ezetimibe for reduction in intima-media thickness (plaque growth) of the carotid-artery wall:** 720 patients with familial hyperlipidemia were included in this study. 363 patients received simvastatin only and 357 received simvastatin plus ezetimibe for two years.

	<b>Simvastatin + ZETIA (ezetimibe)</b>	<b>Simvastatin</b>
LDL-C reduced by:	55.6 ± 0.9	31.9 ± 0.9
Plaque growth increased by:	0.0121±0.0038 mm	0.0095±0.0040 mm

## The Bottom Line:

Many studies have shown that ZETIA (ezetimibe) combined with a statin can reduce LDL-C levels better than a statin alone, but that does not mean it will prevent a heart attack or stroke. There has been a lot of controversy on this topic and studies are currently being conducted to determine the true benefits of taking ZETIA. It is important to consider how ZETIA will benefit you based on cost, side effects, and what you have already tried in the past before taking it.

## References:

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