

Ask Our Expert

Dr Ross Walker, Cardiologist, is here to help.



Q I am on statins, but experience unpleasant side effects. How can I lower my statins or come off them?

A Unfortunately, recent work has suggested that 40% of people who take statins experience some degree of side effects. The most common side effects are muscle aches and pains or weakness, problems with memory or concentration and fatigue, along with a significant increased risk for diabetes when taken at high doses for a long period of time.

Recent work from Italy has shown clearly that using BergaMet Mega (www.BergaMet.co.uk), the juice extract from Bergamot oranges, when combined with lower doses of statins, will still afford the same benefits in lowering cholesterol, but minimise the side effects because of the lower doses of statins. In people who also experience muscle aches and pains, I would suggest Coenzyme Q10, 150 mg daily, along with magnesium, 400 mg daily. It's important to consult your own GP before making any changes to your prescribed medication.

