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Statin and the risk of development of cataract in cardiovascular patients: A pilot study

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Statins have a well documented evidence for reducing the risk of cardiovascular events and hence have been widely prescribed over the past few decades. Recently, the focus of research has shifted towards the unintended effects produced by statins. It has been noticed that some patients on statin therapy developed cataract. But, the exact relation between statin use and cataract formation is controversial. Hence the need to carry out this study was found to be crucial. A retrospective cross-sectional study was conducted in Kasturba Medical College, Manipal during Jan 2012 to Dec 2012 in patients admitted in the cardiology unit. The study was carried out with the objective of studying the demography, clinical characteristics and incidence of cataract in cardiovascular patients treated with statins. The demographic details of 25 patients were collected based on: The presence of cardiovascular disease, statin therapy and the incidence of cataract. Majority of the population (24/25) was found to have Ischemic heart disease (IHD). 76% of the patient population is males and the mean age was found to be 66 years. Among statins, Atorvastatin (60%) was most commonly prescribed, with an average daily dose of 10 mg. The study findings point out that there is a high incidence of cataract in patients prescribed with statins.

Biography

Kesia Shaji Oommen is pursuing her PharmD course in Manipal College of Pharmaceutical Sciences and is presently in 5th year. She has been trained in the areas of patient counseling, answering drug queries, checking for drug interactions, detecting ADRs and also participating in ward rounds. She has also undergone an observational training for hospital pharmacist in Bahrain Specialist Hospital.

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