

PRESS RELEASE

Restricting the maximum dose of some statins in East Asians

(Hong Kong, 12 April 2024) – **Statins are one of the safest and most effective cholesterol lowering medications and their use has prevented numerous people from having heart attacks and strokes. However, pushing the dose of statins to the maximum level approved in Western countries may not be safe for people from East Asia. Two doctors advocated that the maximum dose of three statin medications, namely, atorvastatin, simvastatin, and rosuvastatin, should be restricted in East Asians. Their letter has been published in the *Hong Kong Medical Journal*.**

The maximum dose of rosuvastatin approved in Hong Kong is 40 mg but prescribing information indicates this dose is contraindicated in Asians and the maximum dose approved in China, Korea, and Japan is 20 mg. Doctors from Hong Kong and Macau wrote a Letter to the Editor of the *Hong Kong Medical Journal* recommending that a similar approach should be applied to the other potent statins, namely, atorvastatin and simvastatin. They also reminded that rather than using the maximum doses approved in Western countries, doctors in the two cities should be more cautious when treating East Asian patients who may be more sensitive to these medications.

If additional lowering of low-density lipoprotein cholesterol is needed, it may be safer to add another medication rather than pushing the statin dose to the limit with a very small risk of severe muscle damage. Minor muscle aches and pains are not uncommon in people taking statins and are usually not related to the medication. The authors opined that doctors should reassure patients that such symptoms are not serious and encourage them to stay on statin treatment to obtain the long-term benefits.

The article “The maximum dose of atorvastatin and simvastatin as well as rosuvastatin should be restricted in East Asians” was published in the *Hong Kong Medical Journal*.
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新聞稿

限制三種他汀類藥物的最高劑量

(香港, 2024 年 4 月 12 日) — 他汀類藥物是其中一種最安全及最有效的降膽固醇藥物, 有助降低心臟病及中風風險。然而, 若將西方國家的他汀類藥物最高劑量應用於東亞地區, 對於該地區的患者而言可能並不安全。有醫生呼籲限制三種他汀類藥物 (包括阿伐他汀、辛伐他汀及瑞舒伐他汀) 在東亞地區的最高劑量。該文章已在《香港醫學雜誌》發表。

瑞舒伐他汀在香港的最高准許劑量為 40 毫克, 但處方資訊卻標示該劑量不應用於亞洲人, 而中國、韓國及日本的最高准許劑量則為 20 毫克。兩位來自澳門及香港的醫生在他們致《香港醫學雜誌》編輯的信中, 建議應把較低的最高准許劑量應用於其他有效的他汀類藥物 (包括阿伐他汀及辛伐他汀)。他們亦認為東亞患者對有關藥物較敏感, 因此兩地醫生在治療這些患者時應加倍小心, 不應使用西方國家的最高准許劑量。

如果需要進一步降低低密度脂蛋白膽固醇, 添加另一種藥物可能更為安全, 而不是將他汀劑量推至上限, 因為儘管風險不大, 但可能帶來嚴重肌肉損傷。服用他汀類藥物的患者有機會出現輕微肌肉痠痛, 這通常與藥物無關。作者認為醫生應該向患者說明這些症狀並不嚴重, 並強調持續使用他汀類藥物以獲得長期好處的重要性。

詳細內容可參閱原文《應限制阿伐他汀、辛伐他汀及瑞舒伐他汀用於東亞患者的最高劑量》。

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Source: B Tomlinson, E Chow. The maximum dose of atorvastatin and simvastatin as well as rosuvastatin should be restricted in East Asians. Hong Kong Med J 2024;30:Epub 12 Apr 2024. <https://doi.org/10.12809/hkmj2311348>.

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