



## MEDICAL TIPS

### ROVASTAT TABLETS

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#### **Comparison of the Efficacy of Rosuvastatin 5 mg and 10 mg in Patients of Type 2 Diabetes Mellitus With Dyslipidemia**

*Alem M et al. Cureus 2022; 14(2): e22595.*

- A randomized controlled trial on 300 outpatients was conducted to compare the efficacy of rosuvastatin 5mg and 10mg in T2DM patients with dyslipidaemia validating their effect on lipid profile and incidence of side effects.
- Parameters monitored were HbA1c along with the lipid profile on two groups of patients; one group on 5mg rosuvastatin and the other on 10mg rosuvastatin. The patients treated with 10 mg rosuvastatin showed more reduction in lipid levels and reported more side effects.
- At the end of 6 months the total cholesterol levels, LDL cholesterol levels and triglycerides were significantly reduced in 10mg rosuvastatin group as compared to the 5mg group but the rise in HDL cholesterol levels were similar in both the groups.
- 9 patients reported myalgias in the 10 mg group whereas 1 patient in the 5mg group.

**The study concludes that both 5 mg and 10 mg of rosuvastatin exhibit the antihyperlipidemic effect & were well tolerated. Physicians should be aware of dose titration related to statins as it will ultimately lead to reduced cardiovascular mortality.**

