

STATINS IN REDUCING EVENTS IN THE ELDERLY - STAREE

Rationale for the Clinical Trial



There is some evidence that statins may reduce decline in physical and mental function as well as reducing the incidence of heart disease, stroke and dementia. Therefore, statin treatment may help to prolong healthy, independent living.

It is estimated that a third of Australians over 65 years of age are currently taking statins. Recent international guidelines advocate the use of statins for primary prevention at lower absolute cardiovascular risk levels, meaning virtually all Australians over 70 years of age could be eligible for statin treatment.

However the balance of benefit and safety of statins in older people has not been evaluated. Uncertainty about the efficacy of statins in the prevention of morbidity and mortality in this age group is a consequence of under-representation of older people in previous trials.

Furthermore, statin product information now carries warnings about side effects such as diabetes. Although most side-effects of statins are mild and temporary, the severity and frequency in older people remains uncertain, and it is not known if the likely benefits of statins outweigh the risks. The contribution of statin side effects to frailty and loss of independence in older people has been little studied.

STAREE will provide the high quality evidence base that will inform recommendations of statin therapy for primary prevention in older people.



This public health study has been funded by the Australian National Health and Medical Research Council.

For more information, please contact us on:
1800 770 664
staree@monash.edu

