

## WARNING: on taking Cholesterol drug Ezetimibe (Ezetrol)

We have had polio members who have had problems taking statin drugs for cholesterol before, but more recently I have had polio survivors reporting bad side-effects from a different drug that may be given by your GP **as an alternative to taking statins.** This is concerning, particularly because the effect it has on muscles and tendons can be long-lasting.

Members are reporting inability to lift arms and legs because of pain and increased weakness limiting movement. This makes even **dressing and showering** almost impossible tasks and household chores like housework, walking, shopping, reaching for items on shelves and light switches, hanging out washing, gardening etc, very difficult. One member reports a fuzzy mind and feeling of doom, major digestive disruption, constipation. There can be damage to liver and kidney function. Despite the doctor expecting these problems to resolve quickly, polio members are **still not recovering months** and even **years** later. So, **be wary of taking this drug.** It works by stopping bile production. Bile aids absorption of fats in the small intestine. Statin drugs work on the liver. See cautions advised in the manufacturers' leaflet.

### Tell your doctor if you notice any of the following and they worry you:

#### **Ezetimibe Sandoz used alone:**

These are the more **common adverse effects** reported with the use of Ezetimibe Sandoz when used alone:

- abdominal pain
- diarrhoea
- flatulence
- feeling tired

These are **uncommon adverse effects** that have been reported with the use of **Ezetimibe Sandoz when used alone:**

- elevations in some laboratory blood tests of liver (transaminases) or **muscle (CK) function**
- cough
- **indigestion**
- heartburn
- **nausea**
- **joint pain**
- **muscle spasms**
- **neck pain**
- decreased appetite
- pain
- **chest pain**
- hot flush
- high blood pressure

#### **Ezetimibe Sandoz used with a statin:**

These are the more **common adverse effects** reported with the use of **Ezetimibe Sandoz** when used in combination **with a statin:**

- elevations in some laboratory blood tests of liver function (transaminases)
- headache
- **aching muscles/muscle pain, tenderness or weakness**

These are **uncommon adverse effects** reported with the use of **Ezetimibe Sandoz** when used in combination **with a statin:**

- tingling sensation
- dry mouth
- itching
- rash
- hives
- **back pain**
- **muscle weakness**
- **pain in arms and legs**
- **unusual tiredness or weakness**
- **swelling**, especially in the **hands and feet**

#### **Tell your doctor immediately if you notice any of the following:**

Ezetimibe Sandoz used alone or with a statin:

- **allergic reactions** (which may require treatment right away) including: swelling of the face, lips, tongue and/or throat that may cause difficulty in breathing or swallowing, rash, and hives
- raised red rash,
- **aching muscles, muscle tenderness or weakness, not caused by exercise**
- **unusual tiredness or weakness**
- yellowing of the skin/eyes which may indicate hepatitis
- **dizziness**
- **tingling sensation**
- depression
- sudden and intense abdominal pain which may be caused by an inflamed pancreas or gallbladder, or gallstones
- **constipation**
- **bruising more easily than normal**



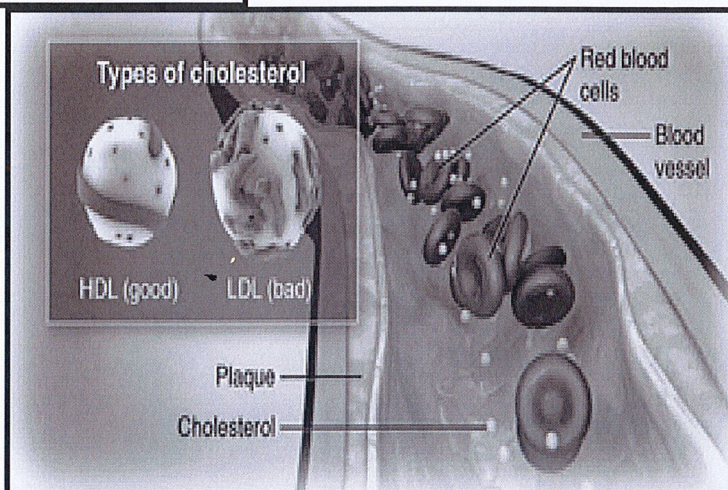
# Cholesterol is important

written by Tessa Jupp RN OAM

**Cholesterol is produced by the liver and also made by most cells in the body.**

**Our body makes 80% and 20% comes from diet.** It is carried around in the blood by little 'couriers' called **LDL & HDL**. We need a small amount of blood cholesterol because the body uses it to:

- **build** the structure of **cell membranes**
- **make hormones** like oestrogen, testosterone and adrenal hormones
- help your metabolism work efficiently, including is **essential** for your body to **produce vitamin D**
- **produce bile acids**, which help the body **digest fat and absorb important nutrients**.



**Dr Ray Schilling**, retired physician and cancer researcher in July 2021 writes:

## HOW TO LOWER CHOLESTEROL

**1. Not all LDL cholesterol comes from food.** The majority is synthesized in your liver. The biggest factor is **consumption of refined sugar, starchy food (potatoes, rice, pasta, bread and muffins etc.) and processed food**. Whatever sugar is not stored in your liver and muscles as glycogen gets metabolised by the liver into triglycerides and LDL cholesterol. This ends up as fat in your abdominal fat and in your arteries causing hardening of your arteries. It is oxidized LDL and triglycerides that are the problem. LDL gets oxidized by sugar and too many starchy foods.

**2. If you cut out refined sugar, wheat, starchy and processed foods from your diet you can lose weight and keep it off.**

**3. There are a number of healthy foods that will lower LDL cholesterol** according to Harvard Health. **Oats, barley, nuts, egg plant, fatty fish and fibre.** In addition the pectin content of **apples, grapes, strawberries and citrus fruits** helps to lower LDL cholesterol.

**4. Pectin and fibre** helps to reduce LDL cholesterol by interfering with the enterohepatic circulation of **gallbladder fluid**. The end result is that more cholesterol is excreted in the patient's stool and the LDL cholesterol in the blood is lowered.

**5. Regular physical exercise** increases your protective HDL cholesterol and reduces the overall cholesterol ratio, the risk of getting a heart attack.

**6. Use olive and coconut oils.** The monounsaturated and medium chain fatty acids have been shown to lower LDL cholesterol. **Eliminate all trans fat** products from your diet **ie margarine, fast foods, shop bought cakes and biscuits.**

## Major Side Effects of Statin Drugs

**Muscle pain** is one of the **most common side effects of statin drugs**. Other common side effects:

- Headaches
- Muscles aches, weakness, or tenderness
- Difficulty sleeping or sleep issues
- Drowsiness
- Dizziness
- Skin flushing
- Rashes
- Acne or other skin issues
- Stomach pain or cramps
- Nausea /vomiting
- Vomiting
- Gas/bloating
- Constipation/diarrhoea
- Low platelet & CoQ10 levels
- High blood sugar levels

**Statin drugs also increase your risk of diabetes. .**

## FACTORS that RAISE Cholesterol Levels

Low Vitamin D levels  
Poor thyroid function  
Poor blood sugar control  
Poor and insufficient Sleep  
Sleep Apnoea  
Chronic Stress  
Food sensitivities/allergies  
Inflammatory diet - fast foods  
Obesity  
Lack of or inability to exercise  
Fatty liver & poor bile flow  
Gall bladder disease & gallstones  
Alcohol consumption  
Smoking