



Low Adherence to Statins Following Heart Attack



According to a study published by JAMA Cardiology, a large proportion of patients who were prescribed high-intensity statins following hospitalisation for a heart attack did not adhere to their prescribed medication at two years after discharge.

See Also: [Statin Dose, Timing May Improve Heart Surgery Outcomes](#)

The study was conducted with Medicare beneficiaries aged 66 to 75 years and who had been hospitalised for MI between 2007 and 2012. These patients had filled a high-intensity statin prescription within 30 days of discharge.

At six months after discharge, 59 percent were taking these statins with high adherence (at least 80 percent days covered) and at two years, 42 percent adhered to their prescription. 8.7 percent of the patients down-titrated after six months while 13 percent down-titrated after two years. 17 percent of patients had low adherence (less than 80 percent days covered) at six months and 19 percent had low adherence at two years. 12 percent patients discontinued the drug at six months while 19 percent discontinued at two years.

In terms of demographics, it was found that African American and Hispanic patients and new high-intensity statin users were less likely to adhere to their prescription while those with dual Medicare/Medicaid coverage and more cardiology visits after discharge and who also participated in cardiac rehabilitation were more likely to take high-intensity statins with high adherence. Similar results were observed in patients over the age of 75.

"Lower medication costs, cardiologist visits, and cardiac rehabilitation may contribute to improving high intensity statin use and adherence after myocardial infarction," the authors write.

Source: [JAMA Cardiology](#)
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