

# Health Topics

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## HIGH CHOLESTEROL - LOW ENERGY

- Q. I am taking Lipitor® for high cholesterol and have for a number of years. My pharmacist recently told me that Lipitor® could deplete Co-Enzyme Q10 in my body. He also said this could affect my energy levels. Is this true and what does CoQ10 do for me?
- A. It may seem strange that medicines taken to restore health can, in fact, cause other health problems. Your pharmacist is correct. Statin drugs, which include Lipitor® and many of the medications for high cholesterol, can deplete Co-Enzyme Q 10(CoQ10). While the medication blocks cholesterol production in the liver, it also blocks the production of CoQ10. Studies have shown a blood level decrease in CoQ10 of as much as 36% the first 16 weeks of therapy and 46% after 52 weeks. This is one of many medication induced “nutrient depletions”.

CoQ10 is an enzyme needed for energy. It is the enzyme used in the last step of the Krebs cycle to make ATP. ATP is energy. This is extremely important, not only from the standpoint of an overall feeling of well being but also from other implications in your body’s use of energy. Consider the heart muscle that is working around the clock. The heart muscle has a great demand for energy. If we give a drug to reduce cholesterol and, therefore, reduce the risk of cardiovascular disease, we must also be aware of issues such as CoQ10.

There is another aspect of the cholesterol issue. Hormones are made from cholesterol. For many men this could result in a decreased ability to make testosterone. Low testosterone levels can also affect energy and may contribute to a decreased ability to deal with stress.

*Health Topics are written for general informational purposes only. This information should not be used for diagnosis, as a recommendation for treatment, nor should it be considered a replacement for consultation with a healthcare professional. If you have questions or concerns about your health, please contact your healthcare provider.*