DAMIANRASCH.COM

DAMIAN RASCH, D.O.

ENCINITAS · LA JOLLA, CALIFORNIA



Pitavastatin (Livalo)

A statin that takes a different route through your liver, with fewer drug interactions than some statins.

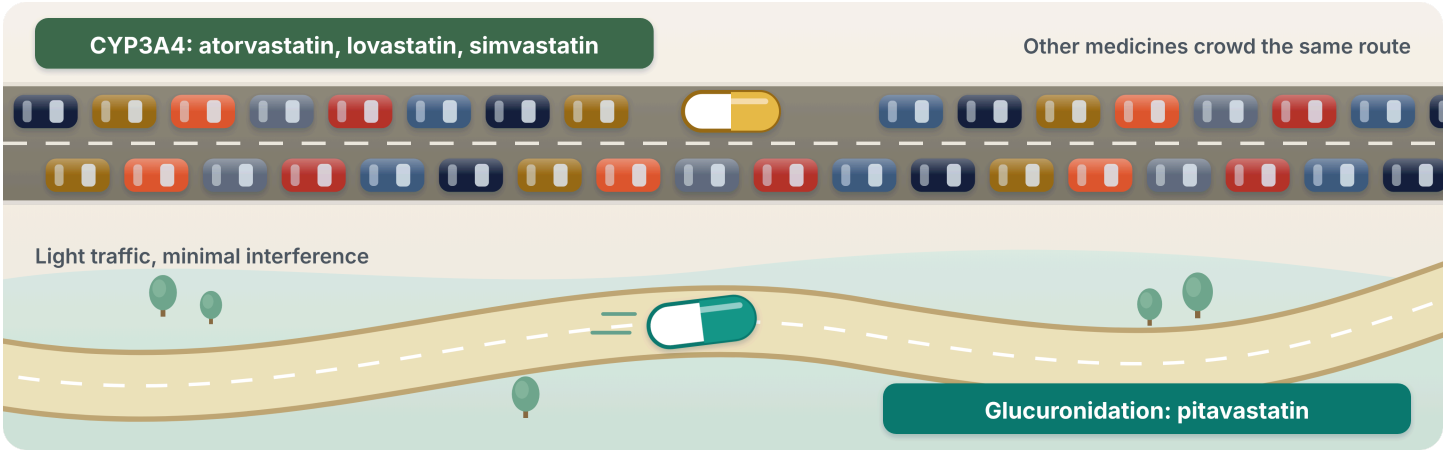
51–60%
of each tablet your body uses, so lower doses can do the job

4 mg
the top dose, which lowers LDL as a moderate-intensity statin

35%
fewer major cardiac events than placebo in people with HIV, in the REPRIEVE trial

A DIFFERENT ROUTE

It stays off the busy highway through your liver



Atorvastatin, lovastatin and simvastatin share one busy route through the liver called CYP3A4, and other medications crowd onto it. Pitavastatin is processed by a pathway called glucuronidation, where traffic is light and interference is minimal. Rosuvastatin mostly stays off CYP3A4 too, and pravastatin uses no CYP pathway at all.

WHAT IT DOES

Three effects from one tablet

Lowers LDL
It lowers LDL as a moderate-intensity statin, even at its top dose of 4 mg.

Raises HDL
It raises HDL cholesterol, the protective type that helps clean arterial walls.

Neutral on blood sugar
Its effect on glucose control is neutral or even beneficial, which helps with diabetes, pre-diabetes or metabolic syndrome.

For the right patient

Pitavastatin was built to sidestep the drug interactions and tolerability problems that limit the older options. Your doctor decides whether it fits you and sets the dose.

WHO MIGHT CONSIDER IT AND HOW IT COMPARES ARE ON THE BACK

IS IT RIGHT FOR YOU

Who might consider it and how it compares

CONSIDER ASKING ABOUT IT IF YOU

Have had muscle pain on other statins	Patients frequently report better tolerance compared to previous statin experiences. Because your body uses more of each tablet, lower doses can do the job, which reduces side-effect risk.
Take medications that interact with other cholesterol drugs	If you take blood thinners, blood pressure medications or diabetes drugs, pitavastatin has fewer interactions than some statins. Your pharmacist will still check your medication list.
Have diabetes or metabolic syndrome	Pitavastatin stays neutral on blood sugar, so it doesn't add concerns about worsening diabetes control.
Want another statin option	Your doctor can prescribe it just like any other statin.

HOW IT COMPARES WITH OLDER STATINS

How your body processes it	Pitavastatin goes through glucuronidation. Atorvastatin, lovastatin and simvastatin go through CYP3A4, the route many other medications share.
How much of each tablet you use	Your body uses 51 to 60% of a pitavastatin tablet. With many traditional statins, it might be only 5 to 20%.
Lowering LDL	Moderate intensity, even at the top dose of 4 mg.
Tolerance	Muscle aches, fatigue or cognitive complaints sometimes come with other statins. Patients frequently report better tolerance on pitavastatin.

GOOD TO KNOW

Brand names	It became available in the United States in 2009 as Livalo. Zypitamag is a later version of pitavastatin.
Trial evidence	In people with HIV, the REPRIEVE trial found 35% fewer major cardiac events with pitavastatin than with placebo.
When it starts working	Benefits often become apparent within weeks of starting treatment.

WHERE IT CAME FROM

Researchers at Nissan Chemical Industries in Japan began developing pitavastatin in the 1980s. People there often take several medications at once, so drug interactions were a serious concern that shaped its design from the start.

READ THE FULL ARTICLE

damianrasch.com/
pitavastatin

For education only, and not a substitute for advice from your own physician. Condensed from Dr. Rasch's article on pitavastatin at damianrasch.com, which cites the REPRIEVE trial. Ask your doctor or pharmacist about your dose, side effects to watch for and your other medications.

DR. DAMIAN RASCH, D.O. · BOARD-CERTIFIED INVASIVE CARDIOLOGIST · ENCINITAS AND LA JOLLA, CA

MADE IN CALIFORNIA