

Understanding Common Adverse Effects and Clinical Misconceptions of Statin Therapy

時間: 14:00-17:00, 114 年 8 月 3 日(星期日)

地點: 台中集思新烏日會議中心 3F 301 瓦特廳 (台中市烏日區高鐵東一路 26 號 3 樓)

TIME	TOPICS	SPEAKER	CHAIR
14:00-14:05 (5")	Opening Remarks	陳政璋 (雲林台大)	
14:05-14:25 (20")	Statin-Associated Muscle Symptoms and the Nocebo Effect: Separating Fact from Perception	余安立 (新竹台大)	陳政璋 (雲林台大)
14:25-14:45 (20")	Statins and Glucose Homeostasis: Clinical Relevance of Diabetes Risk	張捷宇 (林口長庚)	梁懷文 (義大)
14:45-15:05 (20")	Cognitive Effects and Hemorrhagic Stroke Risk: What Do We Really Know About Statins and the CNS?	宋亨佑 (馬偕)	劉宜學 (高醫小港)
15:05-15:20 (15")	QA & Discussion	All	
15:20-15:35 (15")	Break	All	
15:35-15:55 (20")	Liver Safety in Statin Therapy: Understanding Hepatic Effects and Monitoring Strategies	劉家豪 (中醫大)	盧雅雯 (中榮)
15:55-16:15 (20")	Renal Considerations in Statin Use: Impact on Kidney Function and Dose Optimization	曾致學 (北榮)	柯呈諭 (成大)
16:15-16:35 (20")	Statin Use in the Elderly: Balancing Cardiovascular Benefit with Safety	許如瑩 (新竹台大)	林姝含 (新光)
16:35-16:50 (15")	QA & Discussion	All	
16:50-17:00 (10")	Wrap Up and Closing Remarks	林姝含 (新光心內)	

Statin-Associated Muscle Symptoms and the Nocebo Effect: Separating Fact from Perception

余安立醫師
(新竹台大)

Statins remain the cornerstone of lipid-lowering therapy and cardiovascular risk reduction worldwide. Despite their proven benefits, statin therapy can be associated with various adverse effects that often lead to patient non-adherence or discontinuation, ultimately compromising treatment outcomes. This lecture will provide an up-to-date review of common and uncommon statin-associated complications, including myopathy, hepatotoxicity, new-onset diabetes, and potential drug – drug interactions. Practical strategies for risk assessment, early detection, and differential diagnosis of statin intolerance will be discussed, alongside evidence-based approaches for managing side effects without sacrificing cardiovascular protection. Special emphasis will be placed on patient counseling, lifestyle modification, and shared decision-making to ensure optimal adherence and safety. This session aims to equip primary care providers with practical knowledge to balance statin benefits and risks, recognize red flags, and tailor lipid-lowering therapy to individual patient needs.

Renal Considerations in Statin Use: Impact on Kidney Function and Dose Optimization

曾致學 醫師
(台北榮總)

Statins play a key role in cardiovascular risk reduction, but their use in patients with impaired kidney function requires careful consideration. This talk will explore the impact of statins on renal function, including the risk of acute kidney injury and considerations in chronic kidney disease.

Statin Use in the Elderly: Balancing Cardiovascular Benefit with Safety

許如瑩 醫師
(新竹台大)

Atherosclerotic cardiovascular disease (ASCVD) remains the leading cause of death worldwide, with its prevalence increasing significantly with age. Elevated low-density lipoprotein cholesterol (LDL-C) is a key risk factor for ASCVD. While numerous studies have demonstrated that statins reduce coronary and cerebrovascular events in middle-aged individuals, the evidence supporting their benefits in older adults—particularly for primary prevention—is less definitive. In elderly patients, several factors complicate statin therapy, including age-related changes in pharmacokinetics and pharmacodynamics, the presence of multiple comorbidities, polypharmacy, and frailty, all of which may affect both the efficacy and safety of treatment. Nevertheless, since ASCVD is a major cause of disability in the elderly, cardiovascular prevention is essential to help preserve functional independence. Therefore, balancing the potential cardiovascular benefits against the risks of statin therapy in older adults remains a critical issue in modern healthcare.

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Experience and Education

2023-08 ~ present **Cardiology Attending Physician**

National Taiwan University Hospital Hsinchu branch, Hsinchu, Taiwan

2022-07 ~ 2023-08 **Electrophysiology Fellow**

Cardiovascular Center, National Taiwan University Hospital, Taipei, Taiwan

2023-04 ~ 2023-05 **Clinical Electrophysiology Preceptee**

Heart, Vascular and Thoracic Institute, Cleveland Clinic, Cleveland, OH, USA

2020-08 ~ 2022-07 **Cardiology Fellow**

Cardiovascular Center, National Taiwan University Hospital, Taipei, Taiwan

> Owner of 2022 Distinguish Fellow Awards of NTUH

2016-08 ~ 2020-07 **Internal Medicine Resident**

National Taiwan University Hospital, Taipei, Taiwan

> Owner of 2020 Distinguish Resident Awards of NTUH

2013-12 ~ 2014-01 **Primary Care Radiology Undergraduate Observer**

Beth Israel Deaconess Medical Center, Boston, MA, USA

2012-07 ~ 2012-08 **Cardiovascular Surgery Undergraduate Observer**

Hospital Trousseau, Tours, France

2010-09 ~ 2016-06 **Medical Student**

Kaohsiung Medical University, Kaohsiung, Taiwan

> Owner of 2016 Best Intern Awards of KMU

Conference and Association

2024-08 **European Society of Cardiology (ESC) Congress 2024** Presenter

2023-08 **European Society of Cardiology (ESC) Congress 2023** Presenter

2023-05 **Transcatheter Cardiovascular Therapeutics Asia Pacific (TCTAP)** Faculty of the Year

2022-10 ~ **Asia Pacific Heart Rhythm Society (APHRs)** Member

2022-09 ~ **Taiwan Society of Cardiology (TSOC)** Member

> Owner of 2022 Best Poster Awards

2022-08 ~ **Taiwan Heart Rhythm Society (THRS)** Member

2020-09 ~ **Taiwan Society of Internal Medicine** Member



張捷宇 醫師

現職：

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學歷：

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學會與認證：

台灣重症醫學專科醫師

中華民國心臟學會心臟血管介入專科醫師

中華民國心臟學會專科醫師

內科專科醫師

宋亨佑 醫師

現職

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主要學歷

馬偕醫學院醫學系畢業

主要經歷

馬偕紀念醫院實習醫學生

台東縣海端鄉衛生所醫療替代役

馬偕紀念醫院不分科住院醫師

馬偕紀念醫院內科部住院醫師

內科專科醫師

馬偕紀念醫院心臟內科總醫師

心臟血管內科專科醫師

心臟血管介入專科醫師

台灣醫學教育學會考官

戒菸服務人員資格

心臟衰竭急性後期照護執行醫師

中華民國心臟學會 29 屆青年醫師工作小組委員

	曾致學 醫師 Chih-Hsueh Tseng, M.D.	
	學位：	天主教輔仁大學醫學系學士
	現職：	臺北榮民總醫院內科部全人整合醫學科主治醫師 臺北榮民總醫院內科部心臟內科兼任主治醫師
教職：	國立陽明交通大學及教育部部定講師	
經歷：	<ul style="list-style-type: none"> • 臺北榮民總醫院內科住院醫師 • 臺北榮民總醫院內科部心臟內科住院總醫師 • 臺北榮民總醫院內科部全人整合醫學科主治醫師 • 臺北榮民總醫院瓣膜暨結構性心臟病經導管治療研究醫師 • 中華民國心臟學會第二十九屆青年醫師工作小組委員 • 國立陽明交通大學急重症醫學研究所博士班 	
專長學科：	<ul style="list-style-type: none"> • 一般內科疾病 • 冠狀動脈疾病與急性冠心症 • 瓣膜性心臟病 • 開放性卵圓孔、心房中膈缺損封堵術 • 心臟衰竭 • 高血壓、高血脂 	
專科證書：	<ul style="list-style-type: none"> • 中華民國醫師國家考試及格 • 中華民國內科專科醫師 • 中華民國心臟內科專科醫師 • 介入性心臟血管專科醫師 • 中華民國重症專科醫師 	
專科學會：	<ul style="list-style-type: none"> • 臺灣內科學會會員 • 中華民國心臟學會會員 • 臺灣介入性心臟血管醫學會會員 	

許如瑩 (Ru-Yin Hsu, MD)

現職

2024.08- 新竹臺大分院新竹醫院心臟加護病房主任

2020.08- 新竹臺大分院新竹醫院心臟內科主治醫師

學經歷

2008-2014 台北醫學大學醫學系醫學士

2015-2020 台大醫院內科部/台大醫院心臟內科，住院醫師/心臟專科訓練