

CITIZENS' COUNCIL FOR HEALTH FREEDOM
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Health Freedom Minute

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Statins — Only Four More Days of Life?

Joe Rogan interviewed Dr. Aseem Malhotra, a cardiologist.

The doctor claimed that if you survive a heart attack and take a statin for five years, studies show the benefit is only an additional four days of life. Some doctors said this was misinformation. But one doctor wrote in his Substack that Dr. Malhotra's number was not exactly wrong, hence not misinformation, but the framing was misleading.

Another doctor said some receive great benefit from statins and others none, but if there are side effects, such as muscle symptoms, just stop the drug.

Given the many opinions about statins and cholesterol, it is best to do your own research and then monitor closely its impact.

"Statins and the Misinformation Question: A Response to Sensible Medicine," Greg Katz, MD, (Substack), February 27, 2026: https://gregorykatz.substack.com/p/statins-and-the-misinformation-question

"Primary prevention, statins, lottery effects and misinformation that is not actually misinformation," John Mandrola, Sensible Medicine (Substack), February 23, 2026: https://www.sensible-med.com/p/primary-prevention-statins-lottery?utm_source=substack&utm_campaign=post_embed&utm_medium=web

Presented daily by Twila Brase, President and Co-founder
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