

## PREVIEW - David Diamond - Interview (FL FEB 2017) 2

**Dr. Diamond:** People have this belief, they've been led to believe that there's a dramatic reduction in the incidence of heart disease in people on statins. And I actually have some work published with Uffe Ravnskov where we've made it very clear that these miniscule effects have been inflated with deceptive statistics.

So when you actually look at the incidence of heart disease in people who take the statins versus placebo, you see almost no difference.

**Dr. Eenfeldt:** You said almost, so there's a difference.

**Dr. Diamond:** Almost... You have about 1% improvement in outcome. I mean quite literally you give 100 people statins, 100 people placebo, otherwise equivalent groups, and the difference is one person given the statins will have one less heart attack over the course of two or three years than in those given statins compared to placebo.

**Dr. Eenfeldt:** Still nice for that person though.

**Dr. Diamond:** Well, it's one random person.

**Dr. Eenfeldt:** Unless you get a lot of side effects, right?

**Dr. Diamond:** That's another thing, first of all is that is one random person. So it's like the movie line, "Do you feel lucky?" Are you going to be the one person out of 100? Now for the other 99 not only there are no benefits, but there are side effects. And the side effects are so well established.