The Effects of Statins on Skeletal Muscle Function

In this study we are looking at the effects of Lipitor, a cholesterol-lowering medication, on arm and leg muscle strength as well as aerobic exercise performance. You will be required to visit the exercise laboratory at UMass Amherst 7 times over a 7 month period; the visits will last from 30 minutes to ~2 hours. Visits will consist of exercise testing that will include arm, leg, handgrip strength, and aerobic endurance exercise. At 3 of the visits blood will be drawn by qualified technicians. For two 4-day periods you will be asked to wear a pager-sized device on your belt that will record your daily physical activity levels. Finally, you will have to take a pill for 6 months; this pill will be either 80mg of Lipitor or a placebo. During this 6 month period you experience any adverse side-effects from the drug you will be required to come into the laboratory within a 48 hour time period from the date you reported the side-effect for additional diagnostic testing. If you qualify and are interested in participating, we will ask you to attend an orientation session to explain the details of the study. Upon completion of the study you will be paid $720.00.

Currently recruiting men 40 years and older.

For more information, please call 413-577-4703 or email umass.statin@gmail.com