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Summary

CHOLESTEROL RICH GALLSTONES, GUT DYSBIOSIS AND STATIN THERAPY

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Hepatobiliary

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An observational study of 200 dyslipidemia patients found that long-term statin use was associated with lower rates of gut microbiota dysbiosis and gallstone disease compared to statin-free patients.

KEY POINTS

- Gut dysbiosis was present in 54% of statin-free patients versus 35% of patients on statins for at least five years (p=0.0070).
- Gallstone disease was diagnosed in 14% of statin-free patients compared to 5% of statin-treated patients (p=0.0304), with a relative risk of 2.8 (95% CI: 1.0479 to 7.4814, p=0.0400).
- All patients diagnosed with gallstone disease exhibited gut dysbiosis, and all removed gallstones were cholesterol-rich stones.
- The study enrolled 200 matched-pair patients with dyslipidemia, aged 38-79 years, with negative history for antibiotics or probiotics, using MALDI-TOF stool microbiology and abdominal imaging.

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