

Abstract

Van de Garde, E. The role of statins in the prevention of pneumonia. *Huisarts Wet* 2008;51(4):195-7.

Statins are currently used in the treatment of hypercholesterolaemia and the (secondary) prevention of cardiovascular events. Some years ago the medical literature carried reports indicating that statins could also be playing a part in the prevention of pneumonia. It would seem that as well as possessing characteristics whereby cholesterol levels are lowered, statins have so-called pleiotropic (anti-inflammatory and anti-oxidative) characteristics, which can have a beneficial effect on the course of certain infectious diseases. In the majority of studies of the effect of statins on pneumonia that have so far been published, a positive effect has been reported (mortality and risk is lower in statin users than in non-users). However any proof of the effect of statins on the risk and course of pneumonia at the moment consists exclusively of retrospective studies in which associations have been found. It is to be hoped that the first prospective study confirming and further elaborating these effects will soon be published.

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Intermezzo

Dood

Mijn vader is dood gegaan. We hebben geluk gehad. Wij sterven in de goede volgorde: hij eerst, ik later. Verder leven wilde hij niet meer. Toch lukte het sterven niet. Hij had namelijk breinziektes waaraan je niet zomaar dood gaat, zoals tobberigheid, angsten, Parkinson en dementie. Dat bedlegerige en rolstoelafhankelijke vond hij nog het makkelijkste te dragen. Maar dat zijn brein verkrumelde, dat vond hij vreselijk. Zijn denken was zijn werk, zijn lust en zijn leven. En dat verpulverde, bij leven. Gelukkig kwam er een longontsteking langs, de vriend van oude mensen.

Ik had gedacht dat ik het zonder verdriet kon hebben, omdat hij toe was aan sterven. Toch overspoelde het verdriet me. Dat vond ik nogal raar van mezelf. Zeker, het is gewoon dan verdrietig te zijn. En toch vond ik het verbazend. Mis ik hem? Nee, dat is het niet. Wil ik nog van alles met hem? Nee, alles is gedaan. Wil ik hem nog wat laten zien? Nee, want hij heeft alles al gezien en de rest bekijk ik zelf wel. Het verdriet was simpeler: het ontroerende besef dat we het samen goed hebben gehad. Daar moest ik om huilen. Het is goed geweest. Het is goed zo.

Nico van Duijn