Leyla Weighs In: How Long-Term Statin Use Affects Muscle Mass and Strength

written by Leyla Muedin MS, RD, CDN | April 3, 2026



Did you know long-term use of statins might impact your muscle health? “Leyla Weighs In” on a UK Biobank study linking statin use to muscle mass loss and strength decline. She details its implications on overall health and diet strategies to combat it. Check it out!