


Colchicine for Heart Attacks

Treatment with low-dose colchicine has been proposed for secondary cardiovascular prevention in patients with high cardiovascular risk. A Cochrane review investigated the benefits of colchicine therapy in patients with stable cardiovascular disease, previous myocardial infarction, or stroke. Twelve randomized placebo-controlled studies with a total of 22,983 participants aged between 57 and 74 years were evaluated. The patients, most of whom were male (79%), received colchicine 0.5 mg once or twice daily for 6–80 months, depending on the study, in addition to standard therapy.

The analysis showed that low-dose colchicine treatment reduces the risk of myocardial infarction by 26% and the risk of stroke by 33% with high certainty. In contrast, colchicine therapy had little to no effect on overall mortality, cardiovascular mortality, and coronary revascularization. The rate of serious adverse events was not increased under colchicine treatment. However, gastrointestinal adverse events occurred more frequently during treatment with colchicine. The authors conclude that further studies are needed to investigate the benefits and risks of low-dose colchicine in relevant subgroups and for specific indications, for example, long-term use in patients with stable coronary heart disease compared to short-term use after acute coronary syndrome. **vh** 

Source: Ebrahimi F et al.: Colchicine for the secondary prevention of cardiovascular events. *Cochrane Database Syst Rev.* 2025;11(11):CD014808. Published 13 November 2025. doi:10.1002/14651858.CD014808.pub