Dr C N Spencer . Dr R Child . Dr A Raja . Dr T Rose . Dr J Delaney . Dr M McGrath

Dear Patient,

You have received this information following your recent cholesterol blood test.

Cholesterol is just one risk factor for cardiovascular disease (e.g., Heart Attack, Stroke). Other risk factors include age, gender, family history, high blood pressure, smoking and diabetes.

A calculation involving all these risk factors is undertaken with the result of your cholesterol test. The Qrisk2 assessment tool is used to assess cardiovascular risk for the primary prevention of cardiovascular disease e.g., the risk of having a heart attack, dementia, or a stroke) in patients up to and including 84 years of age.

Your recent cholesterol result has indicated that your Qrisk2 score is above 10% (this is your theoretical risk of having a cardiovascular event within the next 10 years). Therefore, according to national guidelines, you are eligible for medication to help reduce your cardiovascular risk. This medication is called a ‘statin’.

Taking a statin does not negate the need for any dietary or a lifestyle change you may be able to make is applicable (e.g., stopping smoking, losing weight, better diabetic control). Statins have a huge amount of evidence behind them with regards to reducing not only your cholesterol but your overall cardiovascular risk.

The statin we offer is Atorvastatin 20mg to be taken once a day. Most people take Atorvastatin without any problems. There are 2 significant side effects to be aware of:

* It can affect how your liver works. So, if you decide to take it you will be asked to have a blood test within one month of starting it so we can check this.
* It can very rarely affect your muscles causing severe muscle aches

If either of these side effects occur, you will not be able to take this medication and stopping it will resolve any problems.

Once you have made your decision, please reply I DO or DO NOT to the text.

Kind regards

Burton Latimer Medical Centre