

Dear Patient

You recently had your bloods taken within the practice and this showed that you had a raised level of cholesterol. Cholesterol, and in particular LDL cholesterol, is a proven risk factor for cardiovascular disease including heart attack and stroke. **The higher your level of LDL cholesterol the higher your risk of having a heart attack or stroke.**

We carry out calculations using your cholesterol level to calculate an estimate of your risk of having a heart attack or stroke within the next ten years, this takes into account factors such as your age, sex, blood pressure and smoking status.

We have calculated your risk to be over thirty percent. Cholesterol 5.2

As a result we would recommend some actions to reduce your cholesterol. This should include dietary modification where possible and/or medications.

Current advice would be to try lifestyle modification for a period of time, such as 3 months to reduce cholesterol and if this is not successful or possible to consider cholesterol lowering drugs in particular drugs called statins. We are happy to support you in either choice, to try dietary change initially with a repeat check of your cholesterol following this, or to start you on this medication. **If you wish you can book a telephone appointment with a GP or our pharmacist to discuss commencing this medication.**

Information about statins:

We normally commence treatment with a statin called atorvastatin at a dose of 20mg once daily, This is a low dose but acts at a high intensity to effectively lower your cholesterol. Before commencing the statin we will ensure you have had recent bloods including HbA1c (long term blood sugar), renal function, Liver function and thyroid tests. If you have ever had persistent unexplained muscle pains we should also check a CK level (a muscle protein)

After 3 months and after a year we will need to recheck both your cholesterol and your liver function tests.

If you have side effects such as muscle pains or cramps please consult a GP.

You should avoid grapefruit juice when taking statins.

Further information can be found at

<https://www.nhs.uk/conditions/high-cholesterol/how-to-lower-your-cholesterol/>
<https://patient.info/health/high-cholesterol>

Thank you for reading and taking steps to improve your cardiovascular health.

If you wish to discuss anything further please book a phone appointment with a GP.

Yours sincerely

Avondale Medical practice

