

Date as Postmark

Dear Patient,

Your recent blood tests have shown you have a high cholesterol level.

Cholesterol is a fatty substance found in the blood and blood vessels, and if your level is high, this increases your risk of having heart disease or a stroke. You can reduce your cholesterol by eating a low-fat diet, exercising regularly and avoiding smoking and alcohol. **Your Cholesterol today is 5.2.**

We sometimes recommend medication called Statins for high cholesterol, and this depends on a few factors which make up your overall risk of heart disease or stroke. At this point, we do not think your risk is sufficiently high to recommend starting medication, but this may be something we consider in future.

Below are some websites to look at for information about cholesterol and how to reduce it.

<https://www.nhs.uk/conditions/high-cholesterol/>

<https://www.nhs.uk/live-well/healthy-body/lower-your-cholesterol/>

If you would like to discuss this further, please make a telephone appointment with a GP or Practice Nurse.

Yours sincerely,

Avondale Medical Practice