Practice Name

Practice Address 1

Practice Address 2

Practice Address 3

Postcode

Date:

Patient name

Patient address 1

Patient address 2

Patient address 3

Postcode

Dear Patient

Our medical practice regularly reviews patients’ records to ensure we continue to offer the best possible service, tailored to the individual needs of each patient. Your record shows that you would benefit from statin medication to protect you against the risk of developing heart disease that could lead to a heart attack, strokes and kidney disease. Your level of bad cholesterol (non-HDL) in your blood is XXmmol/L while your target levels are under XXmmol/L.

As you might be aware cholesterol is a fatty substance that’s mainly created by our own livers, though it’s also found in some of the foods we eat, and it’s vital for maintaining a healthy body.

However, there are two types of cholesterol, good cholesterol (high density lipoprotein), and bad cholesterol (low density lipoprotein). If the level of bad cholesterol in your blood is too high, it can increase the risk of vascular disease, including heart attacks, strokes and kidney disease.

We are recommending restarting Atorvastatin, to lower your cholesterol. Statins are one of the most well researched types of medicine, with studies repeatedly showing very strong evidence that they are a safe way to help prevent vascular disease.

If you are happy for this addition to go ahead, you do not need to do anything else.

You will see the Atorvastatin 20mg daily on your next repeat prescription. Three months after you start to take the statin we will need to give you a blood test to check your cholesterol levels.

However, if you would like to talk to someone first or have any questions or concerns, please contact the surgery or the pharmacy where your prescriptions are dispensed.

Changes in lifestyle are important to help improve your health and reduce the risk of heart disease such as having a healthy diet, getting more exercise, losing weight, reducing the amount of alcohol and stopping smoking.

If you would like to find out more information please visit the Heart UK website - <https://www.heartuk.org.uk/>

Yours sincerely,

Signature

Name

Job Title

In conjunction with XXX Practice Name