<Date>

**Private and Confidential**

<Patient name>

<Patient address>

Dear <Patient name>

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. We are looking at patients who used to be on statin medications to help lower cholesterol and will benefit from starting to use statin medications again.

Whilst cholesterol is essential for your body to work well, too much ‘bad cholesterol’ is unhealthy. High levels of ‘bad cholesterol’ in your blood can lead to fatty deposits building up in your arteries. This stops blood from flowing well and causes conditions such as heart attack and stroke.

Statins can help reduce the risk of strokes and heart attacks if taken regularly. They are one of the most researched medicines and there is very strong evidence that they help prevent the conditions described above.

We are aware from your record that you have taken, but not continued with, statins in the past. However, to help reduce your risk of developing heart disease, we advise that you now take a statin regularly and make changes to your lifestyle. Statins work best if taken long term.

A study in 2013 of over 100,000 people looked at those who reported side effects from statins. They were offered statin again and a year later, 90% of them were okay on the same or different statin. We would therefore like to offer you a statin again.

We want to make your return to statins as convenient as possible, and to maximise the benefits to your health. Therefore, a statin called Atorvastatin has been added to your repeat prescribing list and if you wish to start this medication, please request a prescription from reception in the usual way. When starting a statin, a routine blood test is advised after three months. Please arrange this with the practice in the usual way.

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 West Yorkshire & Harrogate Healthy Hearts website [www.westyorkshireandharrogatehealthyhearts.co.uk](http://www.westyorkshireandharrogatehealthyhearts.co.uk)/cholesterol – or you can read the ‘Frequently Asked Questions’ document included with this letter. If you still have questions, please make an appointment with the practice.

If you need an **Easy Read version** of this letter, please contact your GP practice or visit [www.westyorkshireandharrogatehealthyhearts.co.uk/cholesterol](http://www.westyorkshireandharrogatehealthyhearts.co.uk/cholesterol)

Yours sincerely,