<Date>

**Private and Confidential**

<Patient name>

<Patient address>

**Healthy Hearts - new statin prescription letter**

Dear xxx,

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 a heart attack or a stroke. Your total cholesterol is [please insert value if known] which is higher than the desired level.

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 heart attack and stroke.

We are recommending a statin for you, called 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 heart disease.

Next time you call in at the surgery, you will be able to collect your new prescription, if you are happy to do so. Three months after you start to take the statin, we advise a blood test to check your cholesterol levels. Please book an appointment for this at the practice.

If you have any questions about your new prescription, please see the frequently asked questions document included with this letter or visit the West Yorkshire & Harrogate Healthy Hearts website [www.westyorkshireandharrogatehealthyhearts.co.uk](http://www.westyorkshireandharrogatehealthyhearts.co.uk) If you still have questions, you could speak to your local pharmacist, GP or nurse.

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

Yours sincerely,