<Date>

**Private and Confidential**

<Patient name>

<Patient address>

**Healthy Hearts – change of statin 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. As part of this service, we have recently looked at patients who are currently on statin medication, which helps to keep cholesterol under control and prevent the risk of heart disease.

Based on the latest research, the most effective way to lower cholesterol is the use of a different statin called Atorvastatin at 40mg compared to the one you are currently on.

We are recommending changing your existing prescription [insert current prescription] to Atorvastatin 40mg as it’s a more effective statin. Studies show that statins, if taken regularly over a long period, help reduce the risk of stroke and heart attack.

Next time you collect a repeat prescription your doctor will have added Atorvastatin. Three months after you start to take the new statin, we advise a blood test to check your cholesterol levels. Please book an appointment for this with 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/](http://www.westyorkshireandharrogatehealthyhearts.co.uk/)cholesterol

Yours sincerely,