

# Hadwen Health

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Thank you for the recent blood test that you had done. One of these included cholesterol in the blood, which if high is one of the factors that contribute to your risk of blood vessel disease which includes heart attacks, strokes, kidney problems and poor leg circulation.

We are encouraged to look at the fats in the context of all your other risk factors which include:

Factors you may be able to change	Factors you can't change
<ul style="list-style-type: none"><li>• Smoking currently or previously – <i>this can roughly double your risk</i></li><li>• High blood pressure</li><li>• Diabetes</li><li>• Kidney disease</li></ul>	<ul style="list-style-type: none"><li>• Age – <i>risk increases as you get older</i></li><li>• Gender – <i>being male is higher risk</i></li><li>• Family history of blood vessel disease</li></ul>

The computer calculates that you have an over 10% chance of blood vessel disease (e.g., Heart attack or Stroke) occurring in the next 10 years (called Qrisk).

NICE guidance is that **you start should taking a Statin tablet (called Atorvastatin) to reduce your cholesterol**. This is generally well tolerated, however if you were to have side effects, they are usually muscle aches in the large muscles (thighs / shoulders). If this happened, then you would need to try stopping it and see if they go away and speak to us. If you tolerate it well then, we advise continuing on it long term with your annual blood test in the month of your birthday.

If you would like to start Atorvastatin or discuss this further, then please use this link to book an appointment with our nurse practitioners, or telephone us to get this booked in.

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In the meantime, it is worth also looking at ways to reduce your risk:

- 1) Lifestyle changes including stopping smoking, being a healthy weight and having regular exercise.
  - In Gloucester the **Healthy Lifestyles team** can help you with these.
  - You can self-refer on **0800 122 3788**. There is also useful information at [www.heartuk.org.uk/healthy-living/introduction](http://www.heartuk.org.uk/healthy-living/introduction).
  
- 2) Check your **home blood pressure** every 6 months.
  - It would be worth buying a home monitor (around £20) as home readings are far more accurate, if not then you can borrow one from us (£10 deposit). You can then submit the readings at [www.hadwenhealth.co.uk/navigator/blood-pressure-review/](http://www.hadwenhealth.co.uk/navigator/blood-pressure-review/) and we will get back to you if there is an issue with it.