

The Glen Medical Practice

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Central Health Centre
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Auchinbee Way
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Dear patient,

Cholesterol is a fat or lipid carried around your body in the blood. Too much cholesterol can cause our arteries to become blocked and increase our risk of heart disease and stroke.

The Department of Health advises that adults should have a total cholesterol lower than 5mmol/L and LDL cholesterol lower than 3mmol/L. Your cholesterol has been found to be outside of the healthy range.

We use a calculator called QRISK, which takes into account certain factors and works out the risk of heart disease or stroke in the next 10 years – our Reception can give you this figure.

As your risk is **less than 10%** ie less than a 1 in 10 chance, current guidance is to aim to lower your cholesterol by making healthy changes to your diet, including cutting down saturated fats, and increasing your level of physical activity.

Further information can be found at <https://www.nhs.uk/conditions/statins/> or by booking an appointment with our Practice Nurse.

Please arrange a further appointment with the Treatment room in **3 months** to repeat your cholesterol levels.

Yours sincerely,

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