

Dear Patient,

We are writing to all patients who have a history of a high cholesterol reading in their medical record. This could be a current high cholesterol reading or a historic one. An elevated cholesterol level can lead to heart and cardiovascular related problems in the future, as such we have been asked to refer all patients for a review.

It may well be that you have made lifestyle changes and your current cholesterol is now within a healthy range, however, anyone with a history of raised cholesterol should have a review and be considered for referral to a lipid clinic.

With your consent we will be writing to the lipid clinic with your cholesterol readings and asking them to consider whether they feel it would be beneficial to review your readings and consider whether high cholesterol could be due to a family history.

Thank you for taking the time to read this communication. We feel it would be beneficial for patients with high or historically high cholesterol levels to be reviewed. If we do not hear from you within 2 (two) weeks to decline a review, we will action the referral.

The NHS website has more information on cholesterol, please see below for a short summary. There is also the website you can refer to called Heart UK for further information.

- High cholesterol is when you have too much of a fatty substance called cholesterol in your blood.
- It's mainly caused by eating fatty food, not exercising enough, being overweight, smoking and drinking alcohol. It can also run in families.
- You can lower your cholesterol by eating healthily and getting more exercise. Some people also need to take medicine.
- Too much cholesterol can block your blood vessels. It makes you more likely to have heart problems or a stroke.
- High cholesterol does not cause symptoms. You can only find out if you have it from a blood test.

Heart UK has separate information about inherited high cholesterol that starts at a young age (familial hypercholesterolaemia). Their website heartuk.org.uk

Yours Sincerely

Peartree Group Practice