

MERE SURGERY
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You are receiving this letter because we would like to reduce your chance of having a heart attack or a stroke. Based on your recent tests, we have calculated your individual risk to be **more than 20%**, or put another way, you have **a greater than 1 in 5 chance of having a heart attack or a stroke over the next 10 years**. Do not worry as we can do a lot to improve this.

The QRISK2 calculator which we use to calculate your risk incorporates parameters including:

- Age, gender, ethnicity
- Blood pressure, cholesterol level, body mass index (height and weight),
- Smoking, alcohol intake
- Medical conditions such as diabetes, rheumatoid arthritis, chronic kidney disease
- Family history of heart disease (in relatives under 60 years)

This list of risk factors includes things we can change (such as smoking status, weight and blood pressure) and things we cannot change (such as age and gender).

Healthier lifestyles are key to reduce our cardiovascular risk for the future and at Mere surgery we offer a Health and Wellbeing Coach, Julia Cole, to offer this advice. If you would like this help, please contact the surgery.

Your **cholesterol** is also used in the calculation of your risk. As your risk is greater than 20% then medications known as 'statins' are also offered. 'Statins' do reduce the cholesterol levels but also reduce your overall risk immaterial of your cholesterol level. Statins are designed to be taken every night and are generally considered to be safe. If you are interested in discussing this option of taking a 'statin' then please make an appointment to speak to your GP. More information can also be found at www.nhs.uk/conditions/statins.

Thank you for considering these options.

Yours faithfully

Drs Halsey, King, Gallagher and Andrews

Dr Ed Halsey BM, MRCP, DRCOG, MRCGP
Dr Tim King BM, BCh, MA, MRCS, MRCGP
Dr Stuart Gallagher, MBBS, MRCGP
Dr I Andrews MB.BChir, DCH, DRCOG, MRCGP (Salaried GP)

Maintaining Excellent Respectful Empowering Healthcare