

**PARK GRANGE MEDICAL CENTRE
141 Woodhead Road
BRADFORD
BD7 2BL**

Tel: (01274) 522904

Fax: (01274) 524958

Website: www.parkgrangemc.co.uk

09 March 2019

Dear Patient,

I am writing to you because you have been prescribed Statins. **Please read this letter carefully so that you know about some future changes to your treatment.**

Bradford has some of the highest rates of death from heart disease and strokes in England. Local GP practices, NHS commissioners and hospital specialists are looking for ways to help. One way is to change the way that cholesterol treatment is given.

Cholesterol is essential for your body to work well, but too much 'bad cholesterol' is unhealthy. Statins reduce the amount of 'bad cholesterol' your body makes. High levels of 'bad cholesterol' in your blood can lead to **fatty deposits** building up in your arteries. This narrows the arteries and causes cardiovascular disease, such as coronary heart disease (angina and heart attack), stroke, and peripheral artery disease in the legs.

Lifestyle changes - such as a healthy diet, exercise, weight loss and stopping smoking - all help to prevent cardiovascular disease.

Statins also help. These medicines can **reduce** the risk of stroke and heart attack by a **third** if taken regularly at the right dose. Statins are one of the most researched medicines and there is very strong evidence that they help in cardiovascular disease. Statins are most beneficial when you take them on a long-term basis.

Switching your usual prescription to the optimal dose of Atorvastatin would help reduce your risk of a stroke or heart attack. This is because it is more effective.

Next time you collect a repeat prescription, your doctor will prescribe Atorvastatin for you. 3 months after starting to take it, you will need a blood test to check your cholesterol. Please book an appointment for this with our practice.

If you have questions about your new prescription, please speak to a member of my admin team.

Yours sincerely

Dr Junaid Azam
GP Partner, Park Grange Medical Centre
Bradford City CCG Lead for Long-Term Conditions

Bradford's Healthy Hearts Program:
striving for healthier hearts in Bradford

