<Date>

**Private and Confidential**

<Patient name>

<Patient address>

**Healthy Hearts – change of statin letter**

(letter will be sent from individual practices on their own branded templates)

Dear xxx,

Our medical practice regularly reviews patients’ records to ensure we continue to offer the best possible service tailored to the individual needs of each patient. As part of this service, we have recently looked at patients who are currently on statin medication, which helps to keep cholesterol under control and prevent the risk of heart disease.

Based on the latest research, we would like to recommend the use of a different statin called Atorvastatin at [insert mg] compared to the one you are currently on. This is not an urgent requirement, but we would like to revise this with you at your next annual review appointment.

We are recommending changing your existing prescription [insert current prescription] to Atorvastatin [insert mg] as it’s a more effective statin. Studies show that statins, if taken regularly over a long period, help reduce the risk of stroke and heart attack.

Changes in lifestyle are important to help improve your health and reduce the risk of heart disease such as having a healthy diet, getting more exercise, losing weight, drinking alcohol with moderation, and stopping smoking.

If you would like to find out more information about what cholesterol is and how it might affect your body as well as tips and ideas on healthy living, please visit the West Yorkshire & Harrogate Healthy Hearts website [www.westyorkshireandharrogatehealthyhearts.co.uk](http://www.westyorkshireandharrogatehealthyhearts.co.uk) – or you can read the ‘Frequently Asked Questions’ document included with this letter.

Yours sincerely