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## PATIENT INFORMATION ON Q-RISK2 SCORE & STATINS

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### Why have I been sent this leaflet?

You are receiving this leaflet because you recently had a blood test to measure your cholesterol. As you may know, the amount of cholesterol in your blood can increase your risk of developing cardiovascular disease (CVD) which includes heart attack, stroke, and peripheral vascular disease.

However, cholesterol is only one risk factor for CVD and using information from your medical record we can use the QRISK2 tool to calculate the likelihood of you having a stroke or heart attack in the next 10 years. The higher the score, the greater the risk. Also, the more risk factors you have, the greater your risk.

Other risk factors for CVD include:

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

### What does 'risk' mean?

Risk is the chance of something happening. It's important to note that your risk of developing CVD is never zero and regardless of other risk factors. Your risk naturally increases the older you get. Your QRISK score will tell you whether you are at low, moderate, or high risk of developing CVD in the next 10 years.

#### **Low risk – QRISK2 score of less than 10%**

This means that you have less than a one in ten chance of having a stroke or heart attack in the next 10 years.

#### **Moderate risk – QRISK2 of 10-20%**

This means that you have between a one to two in ten chance of having a stroke or heart attack in the next 10 years.

#### **High risk – QRISK2 score of more than 20%**

This means that you have at least a two in ten chance of having a stroke or heart attack in the next 10 years

## What can I do to lower my risk?

Guidance from NICE (National Institute for Health and Care Excellence) suggests that anyone with a score of more than 10% (moderate risk) should be offered help to reduce their risk. This includes advice on making lifestyle changes. We also can offer the option of starting medication to lower cholesterol (statins).

## What lifestyle changes can I make?

You may have noticed that the 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). We can therefore try to reduce our risk by taking a few simple steps including:

- **Stop smoking** – consider swapping to vaping initially which is considerably less risky.
- **Eat a healthy balanced diet** - low in fat, sugar and salt. Eat 5 fruit / veg a day.
- **Reduce alcohol intake** – aim for less than 14 units a week for men and women.
- **Keep an eye on your weight** and take steps to lose weight if needed. Aim for BMI 20-25.
- **Exercise regularly** (walking is a great start).
- **Medication** to reduce blood pressure if needed.

It is very likely that you will benefit from changes to your lifestyle (regardless of risk).

If you have not done so in the past 6 months it would be worth booking in with the practice nurse to measure your weight, height, and blood pressure.

If you feel you can make significant lifestyle changes in terms of diet, weight loss and exercise, we could then recheck your measurements in 6-12 months and retest your cholesterol level and then recalculate your QRISK2 score. If your score is the same, or has increased, then you could consider starting statin if you have not already done so.

## What are statins?

Statins are a group of medications that help to reduce cholesterol which in some cases can lower your risk of heart attack and stroke by up to 25%. Statins are designed to be taken every night. As with any medication a very small percentage of patients may get side effects and if this happens to you, please discuss with your GP. If you want more information about potential side effects with statins, please see: <https://www.nhs.uk/conditions/statins/side-effects/>

If you wish to discuss statins, then please make an appointment to speak to your nurse or GP.

## Useful contacts

- Ask your pharmacist
- Patient UK - [www.patient.co.uk](http://www.patient.co.uk)
- NHS Choices, [www.nhs.uk/conditions/](http://www.nhs.uk/conditions/)
- British Heart Foundation [www.bhf.org.uk](http://www.bhf.org.uk)

### ***If you have further questions:***

Call the **practice** on 01285 653184 or 01285 653122

If you require **urgent** medical advice, call 111 (24 hours)

In an **emergency** call **999**