



15 St. Peter's Hill, Grantham NG31 6QA  
Tel: 01476 850123 Fax: 01476 570898  
www.stpetershillsurgery.co.uk

### **Initiation of statin – primary prevention of cardiovascular disease**

Due to updated guidance from the NHS, statins are now offered to patients who have a 10 per cent risk or more of developing cardiovascular disease (CVD) over 10 years instead of 20 per cent or more. Risk is measured as a percentage and considered to be high when your score is 10% or more (that is, a 1 in 10 chance or more of developing a cardiovascular disease within the 10 years that follow). Risk factors for cardiovascular disease include obesity, diabetes, high blood pressure and smoking.

Statin are a group of medicines that are commonly used to reduce the level of cholesterol in the blood. They include atorvastatin, fluvastatin, pravastatin, rosuvastatin and simvastatin. They each have different brand names. Most people who take a statin have no side-effects, or only minor ones. Possible statins' side-effects include muscle pain, headache, pins and needles, tummy (abdominal) pain, bloating, diarrhoea, feeling sick (nausea), and a rash.

A blood test is recommended before starting treatment with a statin. This checks the level of cholesterol. It also checks if your liver is working properly. After starting treatment you should have a blood test within 3 months and again at 12 months. The blood test is to check that the liver has not been affected by the medication. The blood may also be checked to measure the cholesterol level to see how well the statin is working.

More information on helping you to decide whether or not to take a statin can be found by visiting the patient decision aid developed by National Institute for Health and Care Excellence (NICE).

<http://www.nice.org.uk/guidance/cg181/resources/cg181-lipid-modification-update-patient-decision-aid2>

If you would like to commence or decline treatment with a statin, please complete and return the attached patient reply slip. If you would like to discuss this further with a clinician, we offer group appointments with Mr Edwin Lai – Clinical Pharmacist, to minimise waiting time and share experiences with people with similar condition.



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Patient Reply slip

I would like to **commence / decline** treatment with a statin.

(Please circle as appropriate)

Please tick the box to confirm:

- I have read the patient decision aid for Cardiovascular disease: risk assessment and reduction, including lipid modification.
  
- I am aware of the potential side effect of the medication.

Name

Signature

Date

Please post the completed slip to

St Peter's Hill Surgery, 15 St Peter's Hill, Grantham, Lincolnshire, NG31 6QA



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