

The QRISK score is a system that we use to identify those patients who are at risk of coronary disease (for example heart attack, strokes).

The score works out your percentage risk of having a major coronary event within the next 10 years. Generally, if your score is over 10% it is appropriate for us to offer you statin therapy.

The score takes into account a number of factors, these are:

- Age (the older you are, the higher the risk)
- Sex
- Blood pressure
- BMI
- Your postcode
- Your cholesterol levels
- Ethnicity
- Smoking status
- Diabetes status
- Family history of premature coronary heart disease
- Whether you are treated for high blood pressure
- If you suffer from any of the following- atrial fibrillation, rheumatoid arthritis, kidney disease, vascular disease

Some of these factors can be changed- for example your BMI and smoking status. However, some are not and often the risk percentage will still be raised simply by age, sex, and ethnicity.

The QRISK score is often calculated following an appointment where your cholesterol level was checked. This does not necessarily mean that your cholesterol level is high, but simply that we now have all the data to calculate an up-to-date QRISK score. Even if you have a normal cholesterol level, you may still be at increased risk and be recommended a statin.

Here is a useful information link about statins:

<https://www.bhf.org.uk/information-support/publications/heart-conditions/medical-information-sheets/statins>

If you are unable to access this online, please let us know and we can send you a printed copy or explain over the phone.

Please let us know if you would like to start a statin or would prefer not to at this stage.