

Q-RISK ABOVE 10%

Ideally your cholesterol should be less than 5mmol. We know that having higher cholesterol levels can increase your risk of having a heart attack or stroke. Other factors also affect your risk of these events occurring. These include smoking, age, blood pressure, body mass index and family history. This is your 'Q-risk'.

Your Q-risk result was above 10%.

What your result means:

Q-risk 10-20% - In a group of 100 people with the same risk factors as you, 10-20 will develop a heart or circulation problem in the next 10 years.

What you can do:

1. Lifestyle changes are really important - Stop smoking, reduce alcohol intake, increase physical activity (150 minutes a week working hard enough to raise your heart rate and break a sweat) and change your diet:

- REDUCE sugar and salt and avoid all Ultra processed foods.
- REDUCE saturated fats (butter, lard, ghee, fatty meats and cheese)
- CHANGE to wholegrain varieties of bread, pasta, rice etc
- INCREASE veg and fruit - 5 portions a day

2. You may want to consider taking a statin tablet.

Q-risk more than 20% - In a group of 100 people with the same risk factors as you, 20 or more will develop a heart or circulation problem in the next 10 years.

What you can do:

1. Lifestyle changes as above are vital.

2. We would recommend taking a statin tablet. One tablet at night-time which could reduce your cholesterol and your risk of a heart attack or stroke. Most people find it easy to take.

If you would like to start taking a statin tablet, please make a routine telephone appointment with one of our nurses.

For more information on Cholesterol and Statins go to: [High cholesterol - NHS \(www.nhs.uk\)](http://www.nhs.uk)

For practical help in making healthy lifestyle changes go to: [Home - One Small Step Devon](#)

For help in deciding if a statin is right for you, go to the NICE statin decision aid: [Cardiovascular disease: risk assessment and reduction, including lipid modification: Patient decision aid 24/05/2023 \(nice.org.uk\)](https://www.nice.org.uk/guidance/CG176)