

Dear <<fullname>>

<<date2>>

RE: Familial Hypercholesterolaemia (FH) Identification Service

GP Practices and the NHS Norfolk and Waveney Integrated Care System are working together, and your surgery has identified you as someone who could benefit from investigating the cause of your high cholesterol levels.

What is cholesterol and why have I been contacted?

Cholesterol is a type of fat found in the blood. However, high cholesterol can cause fatty build-up in blood vessels, leading to heart disease. You had a blood test in the past with a very high cholesterol result, and it may be helpful to find out what the cause is.

Why is my high cholesterol important?

In some cases, poor diet and lifestyle (e.g. lack of exercise) can cause high cholesterol. In addition, or by itself, high cholesterol can also be familial (inherited), which can result in serious health complications.

If I have a familial type of high cholesterol, is it easy to treat?

Known as Familial Hypercholesterolaemia (FH), this inherited condition can be easily treated with a tablet called a statin or a similar drug to lower your cholesterol. A simple blood test can help reveal if you have the condition.

If I'm already taking a statin, why do I need to have the test?

If your doctor has prescribed a statin, continue taking it as directed. A blood test can still show if you have an inherited cholesterol condition. If so, treatment will begin. Family members may also need testing, so they can also receive treatment as soon as possible.

What do I need to do next?

Only patients invited by their GP can access this service.

- You can learn more about cholesterol and FH here:
<https://www.nhsconnect.org/Projectinfo/FH-norfolk.html> (type this into your mobile phone or computer).

- Click on the “Access Portal” button and enter your NHS number and date of birth.
- Book a 45-minute telephone appointment on Dr Doctor with a Specialist Nurse.
- After booking, you will receive a confirmation text/email.

Your NHS number is: <<NHS number>>

If you need to discuss anything with a member of our staff or encounter any issues accessing this service or booking an appointment, or if you would wish to opt out of this service contact us on **01603 257 299** provide your **NHS Number** along with your preference, and we will either return your call as soon as possible or ensure that you are not contacted further, as requested.

If you require a Face-to-face appointment, these are held at Norfolk & Norwich University Hospital and cannot be booked directly. To request one, complete the form at <https://forms.office.com/e/tVd14jEZhq>, or scan the QR code.



*Provide your **full name, date of birth, address with postcode, phone number, NHS number**, reason for the appointment, and if needed, the translator’s language. There may be a wait for your appointment.”*

What will happen at the appointment?

The Specialist Nurse will explain FH, discuss your family medical history, obtain your consent for the genetic test, and provide forms for a blood test. You can also ask any questions. Please have a list of your current medications with you.

What happens if I do not make an appointment?

We encourage all patients to schedule an appointment, as many patients with FH remain undiagnosed. You may prefer to discuss this letter with your GP first.

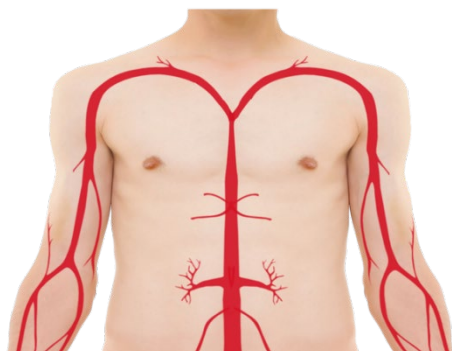
On behalf of the team, we look forward to supporting you.

Kind Regards,

 DR T. OLADOSU

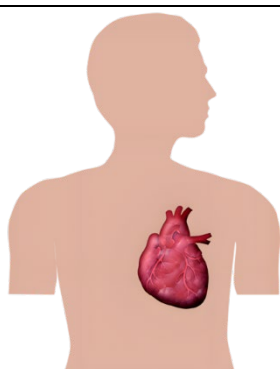
Dr Titilopemi Oladosu
Clinical Steward Cardiovascular-Renal-Metabolic Health, Respiratory, and Long-Term Conditions

Familial Hypercholesterolaemia Easy Read



What is High Cholesterol?

Cholesterol is a type of fat in your blood which can clog up your blood vessels (pipes) and damage your heart (pump)



Too much 'bad' cholesterol can:

- Increase your chance of a heart attack
- Increase your chance of a stroke (brain attack)
- Increase your chance of kidney problems



Higher cholesterol can be **passed on in families**



This is called **Familial Hypercholesterolaemia** or **FH** for short



Your doctor wants to check if your cholesterol is caused by FH



What happens next?

1. Book a **phone appointment** with a Nurse
2. The Nurse will arrange a blood test



The blood test will check if the cause of your high cholesterol is passed on in your family

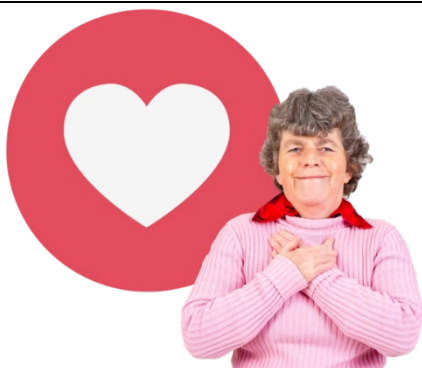


If needed, the Nurse will start the right medicine to help lower your cholesterol

Sometimes, this medicine is called a **statin**



A statin is a **medicine** to help lower 'bad' cholesterol



Why is this important?

- Treating high cholesterol can protect your heart, brain, and kidneys
- It lowers the chance of heart attacks, strokes, and kidney problems in the future



Learn more

Visit the NHS FH Norfolk website for more information:

www.nhsconnect.org/Projectinfo/FH-norfolk.html