

# Cardiovascular Risk Score (QRISK)

## QRISK Explained

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 QRISK tool to calculate the likelihood of you having a stroke or heart attack in the next 10 years.

### FOR FURTHER INFORMATION PLEASE VISIT

British Heart Foundation: [www.bhf.org.uk](http://www.bhf.org.uk) or phone 0300

330 3322

Patient UK Information Leaflets: [www.patient.co.uk](http://www.patient.co.uk)

## Risk means?



Your QRISK score will tell you whether you are at low, moderate or high risk of developing CVD in the next 10 years. The higher the score, the greater the risk.

- **Low risk score (less than 10%)** 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 score (10-20%)** 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 score (more than 20%)** means that you have at least a two in ten chance of having a stroke or heart attack in the next 10 years

## Next Steps

It is very likely that you will benefit from changes to your lifestyle (regardless of risk). However, we can test your cholesterol level again in 6-12 months, measure your weight, height and blood pressure and recalculate your QRISK score.

If your score is the same, or has increased, then the GP or nurse can discuss whether you would benefit from taking a statin.

If after reading and thinking about this, you do want to start on a statin, or have questions, please book a routine appointment.