

Hello

My name is Dr Dan Sellwood. I am a GP at Underwood Surgery having joined the practice at the end of January 2025. Some of you may remember me from my time here as a registrar.

I have a special interest in Cardiology and at present I am undergoing a project to improve the long-term cardiovascular health of our patients.

Coronary heart disease is the leading cause of death worldwide and the 2nd leading cause in the UK after dementia. On top of this we know that patients who have coronary heart disease are twice as likely to have a stroke which is the 4th leading cause of death in the UK.

If we can reduce your overall risk of coronary heart disease, we can also reduce your risk of stroke, vascular dementia and chronic kidney disease. This is because the disease process in these conditions is similar (atherosclerosis). I tell many of my patients, if cholesterol is being deposited in the walls of coronary arteries, it will also be depositing in other arteries (for example in your brain and kidneys).

There are many risk factors for coronary heart disease but the key areas that are of greatest importance are: high blood pressure (hypertension), high cholesterol, smoking, diabetes, and obesity.

How can we help reduce our patients' risk ?

We are looking to contact our patients, in stages, to optimise each of these areas of your health. We are starting with cholesterol management and, in particular patients who have had heart attacks, strokes/TIAs or peripheral vascular disease.

Some of you have already been contacted by me to have discussions about new and improved treatments which are available, as well as advice about lifestyle management (diet and exercise). Many more of you will be contacted over the next 9 months.

Moving forward we will also be reaching out to many of you who have not had any of the conditions listed above but may be at higher risk of developing them, for example patients who have diagnoses of diabetes, hypertension or hypercholesterolaemia (high cholesterol).

I look forward to seeing/speaking with many of you in the near future about this.

Dr Dan Sellwood