

19th July 2018

TO WHOM IT MAY CONCERN

re: Mr Simon Tingay
Date of birth: 14 June 1961

Mr Tingay saw me on 9th July 2018 for review of his cardiovascular status.

For the last 6 months, he has been exercising daily and having a low saturated fat diet. He was intolerant to Statin.

- his LDL has declined admirably by 40%
- blood pressure normal. Heart regular
- calcium score, however, progressed from 400+ to 500+
- his TST also showed improved CV fitness and was negative for Ischaemia
- a stress echo done was normal.

In view of progression of calcium score. He is strongly urged to take a small dose of statin (Crestor) to retard plaque progression.

Suggest a review in 6 months to a year.



**PRIMARY
CARE ASIA**

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