



Sending a letter to your MSPs

Use the sample letter below and follow the guidance at the front of this pack to make sure your voice is heard by your local MSPs.

Dear Member of Scottish Parliament

I am writing to you as both a constituent and a supporter of the **Scottish Campaign for Cardiac Rehabilitation**.

A consequence of the great progress made in reducing the rate of premature death from heart disease across in Scotland is that there has been a big increase in the number of people living with debilitating heart conditions. The quality of life experienced by these people often depends on whether they are offered cardiac rehabilitation following a heart attack or other cardiac event.

Cardiac rehabilitation is a treatment to help heart patients recover quickly and improve their overall physical, mental and social well being. It focuses on the lifestyle changes that help people better manage their heart condition, reducing the risk of it worsening. It is crucially important in the ongoing fight against coronary heart disease.

Evidence shows that this inexpensive treatment can:

- reduce the chance of dying prematurely of heart disease by 26%;
- help those who have had a cardiac event return to a normal way of life; and
- prove a cost effective way of helping patients manage this long term condition; cardiac rehab only costs £600 per patient

However, despite this, many heart patients in Scotland are currently denied access to cardiac rehabilitation.

I would like to see a renewed commitment from the Scottish Government and NHS Boards to ensure that all suitable patients are offered cardiac rehabilitation, especially those with conditions like heart failure and chronic angina.

Would I be able to meet with you, possibly during one of your surgery meetings, to find out how you intend to support improved local provision of cardiac rehabilitation at a time that would be convenient to you?

Yours sincerely

[Name & contact details here]