

Subject: Important: Your Recent Blood Work Results

Dear [Patient Name],

We are writing to provide you with the results of your recent blood work conducted on [Date].

Your lab results show that your cholesterol levels are elevated. Specifically, your [Total Cholesterol/LDL] is higher than the recommended range. High cholesterol can increase the risk of cardiovascular issues if left unmanaged.

Your results are as follows:

- Total Cholesterol: [Value]
- LDL (Bad Cholesterol): [Value]
- HDL (Good Cholesterol): [Value]
- Triglycerides: [Value]

To help lower these levels, we recommend focusing on heart-healthy lifestyle changes, including:

- Reducing intake of saturated fats and fried foods.
- Increasing fiber through fruits, vegetables, and whole grains.
- Engaging in at least 30 minutes of physical activity most days of the week.

We would like to discuss these results with you in more detail to determine if further treatment or medication is necessary. Please call our office at [Phone Number] or use our online portal to schedule a follow-up appointment.

Sincerely,

[Provider Name]

[Practice Name]