

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Dear [Patient Name],

We are writing to provide the results of your recent routine cholesterol panel (lipid profile) performed on [Date of Test].

Your results show values that are in the **borderline high** range. Below is a summary of your numbers:

- **Total Cholesterol:** [Result] mg/dL (Desirable: Under 200)
- **LDL (Low-Density Lipoprotein):** [Result] mg/dL (Optimal: Under 100)
- **HDL (High-Density Lipoprotein):** [Result] mg/dL (Protective: 60 or higher)
- **Triglycerides:** [Result] mg/dL (Normal: Under 150)

A borderline result means your levels are slightly above the recommended range but are not yet in the high-risk category. At this stage, we recommend focusing on lifestyle modifications to lower these numbers, such as:

- Increasing physical activity and exercise.
- Reducing intake of saturated fats and trans fats.
- Increasing dietary fiber (fruits, vegetables, and whole grains).
- Maintaining a healthy weight.

We would like to re-test your levels in [Number] months to monitor your progress. Please call our office at [Phone Number] if you have any questions or would like to schedule a follow-up appointment to discuss these results in more detail.

Sincerely,

[Provider Name]

[Practice Name]