

[Doctor Name/Practice Name]
[Address]
[City, State, Zip Code]
[Phone Number]

[Date]

[Patient Name]
[Patient Address]
[City, State, Zip Code]

Dear [Patient Name],

We are writing to provide you with the results of your recent routine cholesterol blood work (Lipid Panel) performed on [Date].

Your results show that some of your cholesterol levels are outside of the recommended range:

- **Total Cholesterol:** [Result] (Target: <200 mg/dL)
- **LDL (Low-Density Lipoprotein):** [Result] (Target: <100 mg/dL)
- **HDL (High-Density Lipoprotein):** [Result] (Target: >40-60 mg/dL)
- **Triglycerides:** [Result] (Target: <150 mg/dL)

Elevated cholesterol levels, particularly LDL ("bad" cholesterol), can increase the risk of cardiovascular issues over time. However, these levels can often be improved through lifestyle modifications.

Next Steps:

- Increase physical activity to at least 30 minutes most days of the week.
- Focus on a diet low in saturated fats, trans fats, and processed sugars.
- Increase intake of fiber-rich foods like vegetables, fruits, and whole grains.

We would like to schedule a follow-up appointment or a brief phone consultation to discuss these results in the context of your overall health and determine if further intervention is necessary.

Please call our office at [Phone Number] to schedule this follow-up.

Sincerely,

[Doctor Name/Provider Name]
[Practice Name]