

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

[Date]

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

RE: Recent Cholesterol Test Results

Dear [Patient Name],

We are writing to provide you with the results of your recent blood work. Your tests show that your cholesterol levels are in the **borderline high** range.

While these levels do not require immediate medication at this time, they do indicate a need for proactive monitoring and lifestyle adjustments to reduce your future risk of heart disease.

Your Results:

- Total Cholesterol: [Result] mg/dL
- LDL (Bad) Cholesterol: [Result] mg/dL
- HDL (Good) Cholesterol: [Result] mg/dL
- Triglycerides: [Result] mg/dL

Recommended Next Steps:

- **Dietary Changes:** Increase fiber intake and reduce saturated fats and trans fats.
- **Physical Activity:** Aim for at least 30 minutes of moderate exercise most days of the week.
- **Weight Management:** Maintaining a healthy weight can help lower LDL levels.
- **Follow-up Testing:** We would like to re-test your levels in [3/6/12] months to monitor your progress.

Please contact our office at [Phone Number] if you have any questions or would like to schedule a consultation to discuss these results in more detail.

Sincerely,

[Doctor's Name/Signature]
[Medical Practice Name]