

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

[Date]

To: [Patient Name]
RE: Recent Laboratory Results and Preventative Care Plan

Dear [Patient Name],

I am writing to discuss the results of your recent lab work completed on [Date].

Your results show some values that are considered "borderline abnormal." This means that while your levels are currently outside the optimal range, they have not yet reached a level that requires immediate medication or intensive clinical intervention. However, these results serve as an important early warning sign.

Summary of Findings:

- [Test Name]: [Result] (Reference Range: [Range])
- [Test Name]: [Result] (Reference Range: [Range])

Our Preventative Strategy:

To prevent these levels from trending higher and to protect your long-term health, I recommend the following lifestyle adjustments over the next [Number] months:

- **Nutrition:** [Specific dietary advice, e.g., reduce sodium/sugar intake].
- **Physical Activity:** [Specific exercise goal, e.g., 30 minutes of walking daily].
- **Monitoring:** [Specific instruction, e.g., home blood pressure tracking].

Next Steps:

We will repeat these tests in [Number] months to monitor your progress. If these levels do not improve with lifestyle changes, we will discuss alternative management options at that time.

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

Sincerely,

[Doctor's Signature]

[Doctor's Printed Name]