

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Dear [Patient Name],

It was a pleasure seeing you on [Date of Last Visit] to discuss your blood pressure management. This letter is a summary of the lifestyle modifications we discussed to help lower your blood pressure and improve your heart health.

Please continue to focus on the following areas:

- **Dietary Changes:** Reduce daily sodium (salt) intake and follow the DASH eating plan (rich in fruits, vegetables, and low-fat dairy).
- **Physical Activity:** Aim for at least 150 minutes of moderate-intensity aerobic activity per week.
- **Weight Management:** Maintain a healthy body weight through balanced nutrition and exercise.
- **Limit Alcohol:** Reduce alcohol consumption to recommended daily limits.
- **Smoking Cessation:** If applicable, please continue your efforts to quit smoking to protect your cardiovascular system.

We also recommend that you keep a log of your blood pressure readings at home. Please bring this log to your next appointment.

Your next follow-up appointment is scheduled for: **[Date and Time]**.

If you have any questions or experience new symptoms such as severe headaches, vision changes, or chest pain before your next visit, please contact our office immediately at [Phone Number].

Sincerely,

[Provider Name]

[Clinic/Practice Name]