

Patient Letter 1

Dear Mr. Doe,

We hope this letter finds you well. This is to provide you with important information regarding your recent visit to our clinic on **January 4, 2025**, and to outline the next steps in your treatment.

Summary of Findings

During your consultation with **Dr. Emily Carter**, we discussed the following:

- **Condition/Diagnosis:** Mild hypertension (high blood pressure).
- **Tests Conducted:** Blood pressure measurements and basic blood tests.
- **Results:** Your blood pressure was recorded as **140/90 mmHg**, and your blood tests showed slightly elevated cholesterol levels.

Next Steps

Based on our findings, we recommend the following actions:

1. Start a low-sodium, heart-healthy diet and increase your physical activity to at least 30 minutes daily.
2. Take the prescribed medication, **Lisinopril 10mg**, once daily as directed.
3. Schedule a follow-up appointment in **four weeks** to monitor your blood pressure and adjust the treatment if necessary.

Follow-Up Appointment

We recommend scheduling a follow-up appointment on or around **February 5, 2025**, to evaluate your progress. Please contact our office at **+1 (555) 123-4567** to arrange a suitable time.