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Medical Necessity Letter

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To, David Lee

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23749

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Diagnosis

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I10 (Essential (primary) hypertension) and E78.5 (Hyperlipidemia, unspecified)

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Proposed Treatment

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Initiation of a new combination antihypertensive medication (e.g., a single-pill combination of an ACE inhibitor and a calcium channel blocker)

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Detailed Explanation

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Mr. Lee has poorly controlled essential hypertension and hyperlipidemia despite adherence to lifestyle modifications and maximal tolerated doses of two separate antihypertensive agents (an ACE inhibitor and a diuretic) and a statin. His blood pressure consistently remains above 140/90 mmHg, and his LDL-C levels are above target. Untreated or poorly controlled hypertension and hyperlipidemia significantly increase his risk for major adverse cardiovascular events including myocardial infarction, stroke, kidney disease, and peripheral artery disease. Less intensive treatments, such as further lifestyle modifications alone, have been insufficient, and adding a third separate medication would increase pill burden and decrease adherence. A single-pill combination therapy is medically necessary to achieve target blood pressure and lipid levels, simplify his medication regimen, improve adherence, and thus reduce his long-term cardiovascular risk.

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Doctor's Signature

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