

[Your Clinic/Practice Name]

[Your Address]

[City, State, Zip Code]

[Phone Number]

[Email Address]

[Date]

[Patient's Name]

[Patient's Address]

[City, State, Zip Code]

Dear [Patient's Name],

Subject: Hypertension Diagnosis

I am writing to inform you about the results of your recent medical evaluation. After reviewing your blood pressure readings and considering your overall health status, I have diagnosed you with hypertension (high blood pressure).

Your recorded blood pressure readings were consistently above the normal range, particularly [insert specific readings if applicable].

Hypertension is a condition that can lead to serious health complications if left untreated, so it is important that we take steps to manage it effectively.

I recommend the following steps to help control your blood pressure:

1. Regular monitoring of your blood pressure at home
2. Dietary modifications, such as reducing salt intake and increasing fruit and vegetable consumption
3. Engaging in regular physical activity
4. Considering medication, if necessary, in consultation with a specialist

I would like to schedule a follow-up appointment to discuss a comprehensive treatment plan tailored to your needs. Please contact our office at your earliest convenience to arrange this meeting.

If you have any questions or concerns regarding your diagnosis or treatment options, please do not hesitate to reach out.

Sincerely,

[Your Name]

[Your Title/Position]

[Your Clinic/Practice Name]