[Your Clinic/Practice Letterhead]
[Your Name]
[Your Title/Position]
[Clinic/Practice Name]
[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: Understanding Your Hypertension Diagnosis

We want to take a moment to address your recent diagnosis of hypertension (high blood pressure) and provide you with important information to help you manage your condition effectively.

What is Hypertension?

Hypertension occurs when the force of the blood against your artery walls is consistently too high. This can lead to serious health issues, including heart disease and stroke.

Understanding Your Blood Pressure Readings

Your blood pressure is expressed with two numbers:
- Systolic (the top number) measures the pressure in your arteries when your heart beats.
- Diastolic (the bottom number) measures the pressure in your arteries when your heart rests between beats.

A normal reading is typically around 120/80 mmHg. Readings above 130/80 mmHg may indicate hypertension.

Lifestyle Modifications

To manage your blood pressure, consider the following lifestyle changes:
- Maintain a healthy diet rich in fruits, vegetables, and whole grains.
- Reduce sodium intake.
- Engage in regular physical activity.
- Aim to maintain a healthy weight.
- Limit alcohol consumption and avoid tobacco use.

Medication Management

If your healthcare provider has prescribed medication, it is important to take it as directed. Please follow up with any scheduled appointments to monitor your blood pressure and adjust your treatment plan as necessary.

Regular Monitoring

We recommend keeping track of your blood pressure at home and scheduling regular check-ups with our office. This will help us work together to keep your blood pressure under control.

If you have any questions or concerns, please feel free to reach out to our office at [Phone Number] or [Email Address]. We are here to assist you.

Sincerely,
[Your Name]
[Your Title/Position]
[Clinic/Practice Name]
[Contact Information]