

[Your Name]  
[Your Title]  
[Your Institution/Practice Name]  
[Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]

[Patient's Name]  
[Patient's Address]  
[City, State, Zip Code]

Dear [Patient's Name],

RE: Hypertension Management

I am writing to discuss your recent diagnosis of hypertension and the importance of managing this condition effectively.

After reviewing your medical history and current health status, I recommend the following steps to help control your blood pressure:

1. **\*\*Lifestyle Modifications\*\***:

- Adopt a balanced diet low in sodium
- Engage in regular physical activity
- Maintain a healthy weight

2. **\*\*Medication\*\***:

- [Specify medication name and dosage]
- Take your medication as prescribed and report any side effects

3. **\*\*Regular Monitoring\*\***:

- Schedule follow-up appointments every [time period, e.g., 3 months]
- Monitor your blood pressure at home and log the readings

Please feel free to reach out with any questions, or if you need assistance with your treatment plan.

Best regards,

[Your Signature]

[Your Printed Name]

[Your Medical License Number]