

«Pat_Title» «Pat_FirstName» «Pat_LastName»
«Pat_AddressLine1»
«Pat_AddressLine2»
«Pat_Town»
«Pat_County»
«Pat_Postcode»

Date

Dear «Pat_Title» «Pat_LastName»,

Patient ID: «ID_Number»

**Appointment Date:
«Date_of_Attendance»**

Height: «Height»m

Weight: «Weight»kg

Body Mass Index: «BMI»kg/m²

Waist Circumference: «Pat_Height»cm

Blood pressure:

«Systolic»/«Diastolic»mmHg

Cholesterol (body fats): «TC»mmol/L

Fasting Glucose: «M_0_Glu»mmol/L

120 Minute Glucose: «M_120_Glu»mmol/L

Normal Values

Body Mass Index:	Below 25kg/m ² Below 23kg/m ² if South Asian
Blood Pressure:	Below 140/85mm/Hg
Cholesterol:	Below 4mmol/L*
Fasting Glucose:	Below 6mmol/L
120 Minute Glucose:	Below 7.8mmol/L

I would like to thank you for taking part in the Lets Prevent study.

I would like to advise you that your glucose tolerance test is out of the normal value range (as indicated above). You **do not** have diabetes, but you have pre-diabetes. This can develop into diabetes in the future. However, using the information from your education programme and personal action plan should help you to make the relevant changes to your lifestyle. We will be in contact shortly to talk to you about your results and to arrange suitable dates for you to come to the education session

You will be invited back for a clinical review in 6 months time and then a further Glucose Tolerance Test in one year to check your pre-diabetes status.

If you require any more information please contact the Lets Prevent study team on [REDACTED].

Yours sincerely

Dr
Research Registrar, Diabetes & Endocrinology

***the optimal cholesterol level is below 4mmol/L, NICE guidelines indicate below <5mmol/L.*