

«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/m²
Below 23kg/m² 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 do have pre-diabetes. This can develop into diabetes in the future. However, this is less likely to occur if you can make changes to your lifestyle. We have included an information booklet about Pre-Diabetes.

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 Let's 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.*