

# Lake County Physicians' Association

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2615 N. Washington Street, Suite 6000 \* Waukegan, IL 60085-4988 \* Fax 847-625-6225 [www.lakecountyphysicians.com](http://www.lakecountyphysicians.com)

Dear (Patient):

As your Personal Care Physician (PCP), your health and well-being is my primary concern.

According to statistics maintained by the U.S. Department of Health and Human Services, heart disease and stroke are the first and fourth leading causes of death in the United States today. This makes cardiovascular disease responsible for 1 of every 3 deaths in the country. Americans suffer more than 2 million heart attacks and strokes each year, and 2,200 die every day from cardiovascular disease.

As one of the millions of Americans living with some form of cardiovascular disease, I am sure you will agree that it is important for you to stay healthy and to take proper care of yourself so you can be there for your family and live a long, full life.

Because your health and well-being are important to me, I wanted to remind you how important it is for you to focus on the ABCS of good heart health:

- Aspirin therapy (when appropriate)
- Blood pressure control
- Cholesterol management
- Smoking cessation

Furthermore, annual testing of your low-density lipoproteins (LDLs) to measure your cholesterol in your blood along with blood pressure (BP) readings taken in our office are important to the management of your condition. Are you thinking about quitting smoking? If so, make an appointment to see me and let's talk about how I can help!

We look forward to seeing you again in the office soon. We value you as a patient and the trust you place in us to help keep you and your family happy and healthy!

Sincerely,

Dr.