# REQUEST FOR CARE SAMPLE LETTER

This can be challenging, for many reasons. Some doctors don't see the need for these tests. Some don't like to be told to do things they think a patient "found on the Internet" (and this happens a lot). Also, they don't want to leave you strapped with excessive bills, and insurance companies demand reasons for tests before they will cover them. For all these reasons, I give you a little more help. For instance, I tell you frequently to put your lab requests in writing, along with those symptoms you defined in the Self-Assessment Questionnaire. But how do you do that? I help my clients with this by providing them with letter samples that they can use.

*Dear Dr. Sanders:*

*I am having some health issues that are very concerning to me. In addition to the normal labs we would run at this visit, can we please run some diagnostics, so that we can help define what's going on with me? The reason I am requesting these is because I am experiencing:*
* *Hair loss and thinning at the crown. This is not normal for me.*
* *Chin acne*
* *Unexplained rapid weight gain (my activity and caloric intake have not varied)*
* *Extreme breast tenderness*

*Also please note that:*
* *I have a previous diagnosis of adenomyosis*
* *I have a positive gene for Alzheimer's and heart disease (APOE-e4) and my mother already suffers from dementia, with onset in her late 60s.*
* *My younger sister suffered a heart attack at age 47 and my mother suffered a heart attack at age 70.*
* *I am 49 and premenopausal.*

*Because of rapid weight gain, I would like to run:*
* *Hemoglobin A1*
* *Fasting glucose (blood sugar)*
* *Fasting insulin*

*Because of hair loss and weight gain, I would like to run:*
* *TSH*
* *T3/T4 free and uptake*

*Because of age and cardiovascular risk, I would like to run:*
* *CRP*
* *Lipid panel*

*Because of dysmenorrhea and age, I would like to run:*
* *E2*
* *FSH*
* *LH*
* *Progesterone*
* *Testosterone free and total*

*Thank you for your time.*
*Sincerely,*

# REQUEST FOR CARE

Dear Dr. _____

I am having some health issues that are very concerning to me. In addition to the normal labs we would run at this visit, can we please run some diagnostics, so that we can help define what's going on with me?
The reason I am requesting these is because I am experiencing:

_____

_____

_____

Also please note that:

_____

_____

_____

Because of _____, I would like to run:

_____

_____

Because of _____, I would like to run:

_____

_____

Because of _____, I would like to run:

_____

_____

Because of _____, I would like to run:

_____

_____

Thank you for your time.
Sincerely,