

SAMPLE PHYSICAN LETTER

If you live in an apartment or condominium and have a pre-existing health condition made worse by exposure to second-hand smoke, or you are experiencing symptoms that you believe are related to your involuntary exposure of second-hand smoke, consider asking your physician or health care provider for a letter of support.

It is highly unlikely that your physician makes house calls, or would attest to the smoke in your home. As such, you therefore need to request a letter that is somewhat general in nature—that confirms your health issue(s), confirms the dangers of your exposure to second-hand smoke, and that clearly states you should not be exposed to second-hand smoke anywhere, including in your own home.

Ask your physician to include some of the information provided below in a letter to support your request for assistance in minimizing or eliminating the smoke from your home to protect your health.

Issue	Sample Information
Information about the health care provider.	State the name, title and qualifications of health care provider.
History of physician-patient relationship.	State the name of the patient, the type of condition and the duration of the medical contact.
Identify the disabling condition and how it limits the patient in one or more activities of daily living.	<p>Detail the nature of the condition, and how exposure to second-hand smoke impacts the patient. If the patient has asthma, indicate the types of triggers that must be avoided, such as second-hand smoke. Indicate if the asthma limits any of his/her daily activities.</p> <p>Describe deterioration in the patient's health since the patient has been exposed to second-hand smoke. List the increased symptoms that have been noticed. For example:</p> <ul style="list-style-type: none"> • An increase in doctor or hospital visits; • An increase in the frequency and severity of asthma symptoms; • A reduction in lung capacity as measured by a peak flow meter; and/or • Increased use of medications.
Describe how a smoke-free living environment is necessary to afford the patient better health and well-being.	Reiterate that it is important that the patient avoids all contact with second-hand smoke—in public places, in the workplace and in the home.