

Dear Healthcare Provider,

I realize that due to the complexity of my health conditions I am not the easiest of patients to treat. I have a complex medical history that makes my case "interesting" which I've been told is never a "good" thing. As a patient, it's my responsibility to be well informed about my conditions and to be prepared for my appointment so that I can make the best use of both our time.

I spend a significant amount of time researching the various health conditions I have. The latest treatments, reading current research studies from across the globe, participating in support groups & sharing information with others who have these conditions.

I respect and appreciate the time and dedication you have devoted to your education and career. Please don't be offended if / when I ask about a treatment or medication that I have heard about. It's not a reflection of how I see or feel about you as a provider. It's not that I think I'm smarter than you, or that I have any negative thoughts at all.

I'm asking for your opinion because I respect you. I trust you to guide me through this perilous journey I've found myself on and I need your help. So, please, when I ask these questions, or bring you new information. Please accept it in the spirit it's being brought. With trust, and faith that you're here to help me, not to make me more fearful than I already am.

I'm hoping that one of these new treatment options may be viable for me, it may give me back a part of my life, a better quality of living... it may give me back a part of ME that has been missing since the health condition(s) began to consume my life.

Thank you for taking the time to read this brief letter and for being a positive part of my health care journey.

Respectfully,

