

2024 VA NEXUS LETTER (Bilateral Foot Conditions)

Subject: Nexus Letter for Toe and Foot Pain Contribution to Chronic Neuropathy, Weight Gain, Sleep Apnea and Insomnia, for VA Claim

Dear Dr. Alexander M Lawson, DPM of Weil Foot and Ankle

I am writing to request your assistance in providing a nexus letter to establish the connection between my toe and foot pain and its impact on my overall health, specifically contributing to Chronic paresthesia, headaches, weight gain, sleep apnea, and depression. As my treating physician, your expertise is crucial in documenting the relationship between these conditions.

Patient Information:

- *Full Name: Jamar Little*
- *Date of Birth: 13 JUNE 1986*
- *Address: 6529 S Eberhart*
- *Contact Number: 773.397.9925*

Medical History:

I was recently seen by Dr. A.M. Lawson to manage chronic foot pain and fungus, and I appreciate his dedication to addressing my other health concerns stemming from said foot pain. The pain in my toes and feet has significantly impaired my ability to engage in physical activities and maintain a healthy lifestyle.

This has been a progressive and reoccurring ankle instability and issues with both feet due to a fall while in the Navy in 2006 that injured the right foot and ankle. There is evidence of peripheral neuropathy in the feet that affects all toes and adversely affects the knees and lower lumbar. Constant discomfort and swelling to the extent that orthopedic footwear is recommended and even socks are painful to wear. The instability causes issues with the left hip and lower lumbar spine as the body attempts to compensate while laying, sitting, standing, and/or walking.

Diagnosis and Evaluation:

Previously diagnosis of onychomycosis (bilateral) and Tine Pedis (bilateral), supported by [relevant tests, examinations, and imaging results] from Chicago Foot Health Centers, including the parmanent removal of the right big toe nail. These conditions have been a persistent factor in overall patient discomfort, lessening mobility and quality of life. Affects personal and professional performances as well.

Link Between Toe/Foot Condition and Other Health Issues

Connections between toe and foot pain and how it is contributing the following health issues:

- **Chronic Neuropathy/Paresthesia:**
 - Numbness, burning, or tingling, usually in the extremities, such as the hands and feet. It may also be a sensation of crawling or itching on the skin. Constant pain when bending at the hip and legs are stiff. It is likely due to nerve damage in the left foot and/or right side cervicalgia.
- **Weight Gain:**
 - The pain and discomfort limit my ability to engage in physical activities, leading to a sedentary lifestyle and subsequent weight gain.
- **Insomnia/Sleep Apnea:**
 - The toe and foot pain greatly impact my sleep quality, contributing to the development or exacerbation of sleep apnea and other underlying health conditions.
- **Depression:**
 - Chronic pain, including that associated with neuropathy, can contribute to stress and tension, which are common triggers for headaches. Managing pain and stress may help alleviate both symptoms.

Impact on Daily Functioning:

(Please refer to VA FORM(s) 21.4138 for Personal Statements)

Treatment History:

Permanent Removal of ingrown of big toe(s) (Bilateral)

Onychomycosis

Tinea Pedis

Peripheral Neuropathy

Plantar Fasciitis

Pes Planus

Ankle Instability

Balance Problems

Sciatica and (sacroiliitis)

Prognosis:

[Offer an assessment of the expected course of the toe and foot condition and its ongoing impact on my overall health.) The patient will continue to be treated here for... (removal of left toenail) Can be the statement in after visit report]

Conclusion and Summary:

[Summarize the key points and explicitly state your medical opinion on the nexus between my toe and foot condition and the claimed conditions of paresthesia, weight gain, sleep apnea, depression, etc.]

I sincerely appreciate your time and commitment to assisting me with this matter. Your expertise is invaluable in providing a thorough nexus letter that will aid in supporting my health.

Thank you for your attention to this important request.
Warm Regards,

[Signature]
[Jamar Little]
of Weil Foot and Ankle]

[Signature] [Date]
[Dr. Alexander M Lawson, DPM
[Stamp]