FOR YOUR EYES ONLY

EDIT ALL HIGHLIGHTED PORTIONS and whatever else necessary in order to be truthful.

CLICK [HERE](https://www.vba.va.gov/pubs/forms/VBA-21-4138-ARE.pdf) TO DOWNLOAD THE OFFICIAL PERSONAL STATEMENT FORM 21-4138

<https://www.va.gov/find-forms/about-form-21-4138/>

**INTEL BRIEFING**: 38CFR states:

**30 Percent VA Disability Rating for Sinusitis**: Three or more incapacitating episodes per year of Sinusitis requiring prolonged (lasting four to six weeks) antibiotic treatment, **or** more than six non-incapacitating episodes per year of Sinusitis characterized by headaches, pain, and purulent discharge or crusting.

*Note: An “incapacitating episode” of Sinusitis means you require bed rest and treatment by a physician.*

\*\*REMOVE THE COLORS ON YOUR FINAL DRAFT\*\*

--------------------------------------------------------------------------------------------------------------------------------------------DO NOT INCLUDE ANYTHING ABOVE THIS BREAK-------------------------------------------------------------------------------------------------------------------------------------------

Dear VA,

My name is [YOUR FULL NAME], and I'm writing to detail the challenges I've been facing with chronic sinusitis since my service in [YOUR SERVICE DETAILS, e.g., the Gulf War]. This condition has been a constant presence in my life, affecting me in ways I never anticipated.

Every few months, I find myself besieged by an incapacitating episode of sinusitis. The pressure in my sinuses becomes unbearable, and the accompanying headaches make even the most basic daily tasks feel overwhelming. Each time this happens, I am forced to undergo a prolonged course of antibiotic treatment, lasting four to six weeks. Last year, I endured this cycle [NUMBER OF INCAPACITATING OR NON-INCAPACITATING EPISODES, e.g., three] times, and unfortunately, it seems to be repeating itself this year.

But it's not just these severe episodes that wear me down; it's the continual, nagging symptoms that persist in between. More than six times a year, I experience periods of building pressure and discomfort that, while not as debilitating as the full-blown episodes, still disrupt my life and require attention. These non-incapacitating instances serve as a constant reminder of the chronic nature of my condition.

These episodes come with a splitting headache, pain in my sinuses, and an incredible amount of sinus discharge.

I've tried to adapt to this new normal, finding ways to manage my sinusitis and appreciate the good days. But the truth is, my life has become a series of pauses and restarts, all dictated by the rhythm of this illness. It affects my [SPECIFIC ASPECTS OF YOUR LIFE AFFECTED, e.g., work, relationships], and my overall quality of life.

I'm sharing this information with you in the hope that you will fully understand the extent of my condition and how it impacts my daily living. I'm not just dealing with occasional discomfort; I'm living with a chronic condition that regularly incapacitates me and constantly disrupts my life.

Thank you for considering my statement and for any assistance you can provide.

Sincerely,

[YOUR FULL NAME]

[SIGNATURE IF PAPER COPY]