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: Hearing impairment with vertigo less than once a month. You may or may not experience tinnitus.

60 percent: Hearing impairment with vertigo and cerebellar gait one to four times a month. You may or may not experience tinnitus.

100 percent: Hearing impairment with vertigo and cerebellar gait more than once a week. You may or may not experience tinnitus.”

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

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

To Whom It May Concern,

I am writing this statement to provide a brief look into of my struggle with Meniere's Disease and how it has impacted my daily life. As an active [Your occupation or relevant life role, e.g., "teacher" or "father"], the recurrent episodes of vertigo accompanied by hearing impairment have been a debilitating challenge.

Over the past year, I've experienced vertigo with unsteady walking approximately two to three times a week, each episode lasting anywhere from a few minutes to several hours. These episodes are sudden, often rendering me incapacitated, feeling like the room is spinning uncontrollably. On more than one occasion, I've found myself clinging onto walls or furniture to prevent a fall. These spells can happen without warning, even when I'm simply sitting down or lying in bed.

With the vertigo is my hearing impairment. Conversations have become a struggle, with voices often sounding muffled or distant. I frequently find myself asking people to repeat themselves, turning up the volume on devices, or simply nodding along in conversations when I can't discern what's being said. It's been an isolating experience.

Tinnitus is another challenge I grapple with, albeit intermittently. The persistent ringing in my ears, often accompanying or even preceding my vertigo attacks, is distressing. It's akin to a high-pitched whistle that doesn't cease, making it difficult for me to focus on tasks or even get a good night's sleep.

I have sought medical help and have been under the care of an otolaryngologist who diagnosed me with Meniere's Disease. Despite following the prescribed treatment plan and making dietary adjustments, the episodes persist.

Thank you for taking the time to consider my statement and understand the challenges I face due to Meniere's Disease.

Sincerely,

[Signature if Paper]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Phone Number]

[Email Address]