Subject: Several Health Issues to Discuss

Dear Dr. [DOCTOR'S NAME],

I hope you're doing well.

[OPENER 1 - Recent doctor visit] I forgot to mention several important health issues during our last visit. Is this something you can help with, or do I need to schedule an appointment?

[OPENER 2 - Upcoming doctor visit] I wanted to mention these health issues prior to our appointment on [DATE].

[OPENER 3 - Have not been to the doctor] I have been experiencing several health issues lately. Is this something you can help with, or do I need to schedule an appointment?

Here's a rundown of my current health concerns:

Nonintractable episodic headaches: I suffer from severe headaches 3-4 days per month, lasting up to 6 hours each. These are often accompanied by sensitivity to light and sound.

1. Bilateral knee pain: I experience pain and limited range of motion in both knees, with cracking and popping sounds when I move them. This makes walking and standing difficult.
2. GERD: I experience reflux 3-4 times a week and regurgitation about twice a week, along with nausea and occasional vomiting.
3. Obstructive Sleep Apnea: Despite using a CPAP machine, I still struggle with chronic fatigue and poor quality sleep.
4. Depression and Anxiety: I'm experiencing worsening symptoms including intrusive thoughts, memory issues, and difficulty concentrating.
5. Traumatic Brain Injury effects: I continue to experience cognitive difficulties related to a TBI I suffered years ago.
6. Low Back Pain: I have persistent lower back pain with numbness, tingling, and shooting pain down both legs.

All of these issues are making daily life extremely challenging. My sleep is severely disrupted, I'm frequently in pain or discomfort, and my mental health is suffering. These conditions are affecting my ability to work effectively and maintain healthy relationships with my family.

Is this something we can discuss at my next visit, or should I schedule a separate appointment to go over all of this?

Thank you for your help and understanding.

Sincerely,

James Stuart