



## SAMPLE PHYSICIAN LETTER

If you live in an apartment or condominium, and have a pre-existing health condition made worse by involuntary exposure to second-hand smoke, or you are experiencing symptoms that you believe are related to your involuntary exposure to second-hand smoke, consider asking your physician or health care provider for a letter of support.

Since it is highly unlikely that your physician makes house calls, he or she would not be able to vouch for the smoke in your home. Given this, you will need to request a letter that confirms your health issue(s), confirms that the smoke will worsen your condition, and that you should not be exposed to second-hand smoke anywhere, including in your own home.

Ask your physician to include some of the information provided below in a letter to your landlord to support your request for assistance in minimizing or eliminating the smoke from your home to protect your health.

ISSUE	SAMPLE INFORMATION
Information about the health care provider.	State the name, title and qualifications of the health care provider.
Nature of the contact with you.	State the name of the patient, the type of condition and the duration of the medical contact.
Identify the disabling condition and how it limits your patient in one or more activities of daily living.	Detail the nature of the condition, and how the second-hand smoke impacts the patient. If the patient has asthma, indicate the types of triggers that must be avoided, such as second-hand smoke. Indicate if the asthma limits any of his/her daily activities.  Describe the deterioration in the patient's health since the patient has been exposed to smoke at home. List the increased symptoms that have been noticed. For example: <ul data-bbox="813 1402 1352 1566" style="list-style-type: none"><li>• An increase in physician or hospital visits;</li><li>• An increase in the frequency and severity of asthma symptoms;</li><li>• A reduction in lung capacity as measured by a peak flow meter; and/or</li><li>• Increased use of medications.</li></ul>
Describe how a smoke-free living environment is necessary to afford the patient better health and well-being.	Reiterate that it is important that the patient avoids all contact with second-hand smoke – in public places, in the workplace and in the home.

For further information visit [www.smokefreehousingbc.ca](http://www.smokefreehousingbc.ca)