

## Sample physician letter

If you live in a multi-unit dwelling, 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 in your efforts to have the situation remedied. You may have to pay for this service.

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), the smoke will worsen your condition, and you should not be exposed to second-hand smoke anywhere, including in your home.

Ask your physician to include some of the information provided below in a letter to your landlord, property manager or board of directors to support your request for assistance in minimizing or eliminating the smoke from your home.

Key point	Sample information
Identify yourself as a health-care provider	State your name, title and qualifications.
Identify the patient and explain your history	State the name of the patient, type of condition and duration of medical contact.
Identify the disabling condition and how it limits your patient in one or more activities of daily living.	<p>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 the patient's daily activities.</p> <p>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.</p> <p>For example:</p> <ul style="list-style-type: none"> <li>• an increase in physician or hospital visits;</li> <li>• an increase in 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 wellbeing.	Reiterate that it is important that the patient avoids all contact with second-hand smoke – in public places, the workplace and the home.