**[Date]**

**To Whom It May Concern,**

**RE: Nexus Letter for [Veteran’s Full Name, Date of Birth, SSN]**

I am writing this letter to provide an independent medical opinion regarding the case of [Veteran's Full Name], who is currently diagnosed with obstructive sleep apnea (OSA), which I believe is secondary to his previously diagnosed condition of chronic sinusitis. I have been treating [Veteran’s Full Name] for the past [number] years and am fully familiar with his medical history and current health status. His medical records were re-reviewed in detail for the purpose of creating this letter.

**Patient Background:** [Veteran’s Full Name] has a documented medical history of chronic sinusitis which first dates to [date of diagnosis], during his active-duty service. Since then, he has experienced multiple episodes of sinus infections each year, characterized by significant nasal congestion, facial pain, and nasal discharge. These symptoms have persisted and have been managed intermittently with medications and surgical interventions including [specific treatments if applicable].

**Connection Between Sinusitis and Sleep Apnea:** It is well-established in medical literature that chronic nasal congestion and upper airway inflammation can significantly contribute to the development of obstructive sleep apnea. In the case of [Veteran’s Full Name], his chronic sinusitis has led to persistent nasal obstruction and mucosal inflammation, which is a plausible aggravating factor for upper airway resistance. This resistance is likely a contributing cause to the apneic episodes observed in his sleep studies dated [date of sleep studies].

**Independent Medical Opinion and Rationale:** Sleep apnea was first diagnosed in [Veteran’s Full Name] on [date of OSA diagnosis], as evidenced by an apnea-hypopnea index (AHI) of [AHI score] during a full-night polysomnography. The direct impact of nasal congestion and sinus inflammation on his sleep architecture is suggestive of a causative link between his long-standing sinusitis and the subsequent development of sleep apnea. Furthermore, it is my opinion, based on a reasonable degree of medical certainty, that the sinusitis, exacerbated by [specific exacerbating factors, if any], is proximately due to or aggravated by his current diagnosis of obstructive sleep apnea.

**Conclusion:** Given the temporal relationship between [Veteran’s Full Name]'s chronic sinusitis and the onset of his sleep apnea, along with the underlying pathophysiological mechanisms connecting sinus inflammation to airway obstruction, it is my professional opinion that his obstructive sleep apnea is secondary to his service-connected chronic sinusitis.

Please feel free to contact me at [Contact Information] if you require further information or clarification regarding this independent medical opinion.

Sincerely,

[Signature]

[Healthcare Provider’s Name]

[Qualifications]

[Contact Information]