

Doctor's Verification Letter

Student has a current medical condition which is worsened by exposure to cold, air conditioning, fans and to the elements. Your consideration in this matter is greatly appreciated. If you have any questions, please do not hesitate to contact me.

Doctor Name:

License #

Address:

Phone #:

INITIAL DESCRIPTION:

Cryoglobulinemia is a rare disease defined by the presence of cryoglobulins; which are proteins (also called immunoglobulins or antibodies) that become thick in cold temperatures. This process can restrict blood flow causing damage (vasculitis) to: skin, joints, muscles, nerves and/or organs. Fatigue, malaise and stamina are also issues for patients with cryoglobulinemia.

Student will wear a medical id bracelet that says Cryoglobulinemia.

- Do not apply ice.
- Do not infuse cold IV fluids.
- Keep patient warm - check core body temperature warm.

Care for Student:

1. Student should wear gloves, **hat, scarf and other warm gear** when going outside.
2. Under **NO** circumstances should ice be applied to students body.
3. Student should avoid air conditioned rooms that can trigger a flare.
 - a. Air conditioning should be turned up to a tolerable level.
 - b. Air conditioning should be shut off entirely if student is uncomfortable.
4. Student must be allowed time to take precautions to keep her core body temperature up and skin protected from cold weather or air conditioning.
 - a. Keeping her head, face, hands and feet covered will help her to avoid flares and minimize future damage.
5. Student will need to have access to a blanket in the classroom.
6. Student should be excused from physical education on days when outdoor temperature is below 70 degrees F.
7. Patient should be supported in going to the nurse's office if she has pain, exhaustion, trouble concentrating and/or focusing. Student may experience pain or other symptoms due to "cold exposure." This does not mean that the other students will label the environment is 'too cold.'

Additional goals:

- Chemical or Reusable Microwaveable Warmers available for student at school.
 - Body, hands, feet and pocket warmers available for student in nurse's office.
- Keep an electric blanket in the nurse's office to be used in classroom and/or nurse's office. This will help student in case of pain or flare This break may actually aid in getting student more comfortable enough to return to class.
- Portable space heater for use in classroom*
- Portable space heater for use in nurse's office*.
 - (*NOT sure if they will allow this due to safety regulations.)