

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Date]

[Recipient's Name]

[Recipient's Title]

[Clinic/Hospital Name]

[Clinic/Hospital Address]

[City, State, Zip Code]

Dear [Recipient's Name],

I hope this message finds you well. I am writing to follow up regarding my recent flare-up of [specific chronic condition]. Since our last appointment on [date of last appointment], I have been closely monitoring my symptoms and am eager to provide you with an update.

Over the past few weeks, I have experienced [brief description of symptoms and any changes in condition]. I have been adhering to the prescribed treatment plan, which includes [mention any medications, lifestyle changes, or therapies]. Unfortunately, I have noticed [describe any difficulties or improvements].

As we discussed during my last visit, it is important to review my progress and possibly adjust my treatment if necessary. I would appreciate any recommendations or next steps you may suggest at this stage.

Thank you for your attention to my ongoing care. I look forward to hearing from you soon and hope to schedule a follow-up appointment at your earliest convenience.

Sincerely,

[Your Name]