

Date

The Honorable **First Name Last Name**
United States House of **Representatives/Senate (choose one)**
Street Address
City, State Zip

Dear **Representative/Senator Last Name:**

As someone who is affected by celiac disease who lives in **City, State**, I am writing to introduce myself with hopes of building an active relationship with you and your staff to work to raise awareness about celiac disease. I hope that during your district work period in **Date** we can arrange an opportunity to meet.

Celiac disease is an autoimmune disorder where the ingestion of gluten triggers an immune response that attacks the small intestine. When the intestine is damaged, nutrients cannot be absorbed properly into the body. This disease affects about 1% of the population, but over 2.5 million Americans are undiagnosed. Left untreated, celiac disease can lead to other serious health problems including development of other autoimmune diseases like Type I diabetes and multiple sclerosis (MS), dermatitis, herpetiformis (an itchy skin rash), anemia, osteoporosis, infertility and miscarriage, neurological conditions like epilepsy and migraines, short stature and intestinal cancers. Currently, there is no medication or cure for celiac disease, and the only treatment is a lifelong adherence to a strict gluten-free diet.

Write a few sentences on how celiac disease personally impacts you, and why you are involved in celiac advocacy. Please be brief.

If I can be of assistance to you and your staff at any time, please do not hesitate to contact me. I will follow up with your staff soon to schedule a meeting with you on your next visit to our district. Thank you for your time, and your attention to my correspondence. I look forward to meeting you in person and developing a stronger, more mutually beneficial relationship soon.

Sincerely,

First name Last name
Street address
City state zip
Phone number
Email