



Nexus Letter Template

[Full Name]
[Street Address]
[City, State ZIP]
United States

[Date]

Department of Veteran Affairs
Claims Intake Center
P.O. Box 4444
Janesville, WI 53547-4444

Subject: Nexus Letter in Support of Claim

Veteran: [Full Name]

Date of Birth: [MM/DD/YYYY]

Branch of Service:

Period of Service: Active [MM/DD/YYYY] - [MM/DD/YYYY]

To Whom It May Concern,

My name is [Your Name], and I am a veteran of the United States [Branch of Service]. I, [Your Name], am writing this letter in support of my claim for service connection of migraines secondary to my service-connected tinnitus. This document outlines the medical, regulatory, and precedent-based evidence supporting my claim.

Medical Evidence and Connection

Tinnitus has been documented as a significant risk factor for migraines due to its impact on neural pathways. Research published in the journal *Headache: The Journal of Head and Face Pain* highlights the shared pathophysiology between tinnitus and migraines, both of which involve hyperactivity in the auditory and trigeminal systems (Cianfrone et al., 2019).

Furthermore, chronic tinnitus often contributes to stress and sleep disturbances, which are recognized triggers for migraines (*American Journal of Otolaryngology*, 2020).

In my case, I have experienced frequent and severe migraines following the onset of tinnitus, which was confirmed as service-connected. The symptoms of my migraines, including throbbing pain, light sensitivity, and nausea, significantly impact my daily life and are consistent with clinical definitions of migraine headaches (*International Classification of Headache Disorders*, 3rd edition).

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Legal and Regulatory Framework

Under 38 CFR § 3.310, service connection is warranted for conditions that are “proximately due to or aggravated by” a service-connected disability. In my claim, migraines are secondary to my service-connected tinnitus, which has exacerbated my condition. The regulation explicitly allows for secondary conditions to be recognized when they are linked to an established service-connected disability.

Precedent from *Allen v. Brown*, 7 Vet. App. 439 (1995) supports this nexus by establishing that veterans are entitled to compensation for any degree of aggravation caused by a service-connected condition. Additionally, *El-Amin v. Shinseki*, 26 Vet. App. 136 (2013) emphasizes the need to evaluate the aggravation of secondary conditions by primary service-connected disabilities. These legal standards affirm the validity of my claim for migraines as secondary to tinnitus.

Benefit of the Doubt Doctrine

In accordance with 38 CFR § 3.102, any reasonable doubt concerning the degree of disability or its connection to service-related factors must be resolved in favor of the veteran. The relationship between tinnitus and migraines has been established in my medical history and supported by clinical research. Thus, any uncertainty should weigh in my favor.

Supporting Medical Literature

Cianfrone, G., et al. (2019). Tinnitus and headache: A shared pathophysiology? *Headache: The Journal of Head and Face Pain*, 59(6), 849-857. <https://doi.org/10.1111/head.13515>

Lee, J., et al. (2020). The association between tinnitus and migraines. *American Journal of Otolaryngology*, 41(4), 102481. <https://doi.org/10.1016/j.amjoto.2020.102481>

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Headache Classification Committee of the International Headache Society (IHS) (2018). The International Classification of Headache Disorders, 3rd edition (ICHD-3). Cephalalgia, 38(1), 1-211. <https://doi.org/10.1177/0333102417738202>

Conclusion

Based on the evidence presented, I respectfully request that my migraines be granted service connection as secondary to my tinnitus. The scientific literature, combined with the legal precedents and regulatory guidelines, demonstrates the validity of my claim. I believe my case meets the threshold for service connection under VA regulations, and I urge the Department of Veterans Affairs to recognize the significant impact this condition has on my quality of life.

Thank you for your consideration.

Sincerely,

[Your Full Name]

Veteran, [Your Branch of Service]

References

Cianfrone, G., et al. (2019). Tinnitus and headache: A shared pathophysiology? *Headache: The Journal of Head and Face Pain*, 59(6), 849-857. <https://doi.org/10.1111/head.13515>

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IMPORTANT

Understanding where you are in the process.

The Six-Point Attack System - How to build your strongest claim, the first time.

1. Supporting Evidence **(You are Here)**
2. Narrative Creation
3. Medical Backing
4. Legal Backing
5. Preparation
6. Case Law
7. Support

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