

[Your Name]  
[Your Address]  
[City, State, ZIP Code]  
[Email Address]  
[Date]

Dear Family,

I hope this letter finds you all in good spirits. I wanted to take a moment to share some important updates regarding my health, specifically my treatment decisions related to chronic kidney disease (CKD).

As you know, I was diagnosed with CKD a while back, and I have been working closely with my healthcare team to manage this condition. After thorough discussions and research, I have made some significant decisions regarding my treatment moving forward.

Firstly, I have decided to [describe the first treatment decision, e.g., start a specific medication, dietary changes, or lifestyle adjustments]. I believe this will help manage my symptoms and slow the progression of the disease.

In addition, I am also considering [describe any additional treatments or therapies, e.g., dialysis options, transplantation, or alternative therapies]. I understand that this is a big step, but I feel it is necessary for my overall health and well-being.

I want you to know that I am optimistic and hopeful about these decisions. I am committed to staying proactive and taking care of myself, and your support during this journey means the world to me.

Please feel free to reach out if you have any questions or if you'd like to discuss this further. I appreciate all the love and encouragement you've given me.

With love,  
[Your Name]