

Cate, Megan

Your payment will be directed to the financial institution and account number that you specified. To confirm when your payment was deposited, please contact that financial institution.

*If this account is no longer open,  
please notify us immediately.*

### What We Decided

We determined that the following condition was related to your military service, so service connection has been granted:

Medical Description	Percent (%) Assigned	Effective Date
Und neurologic ill (GW) manifested by involuntary movement and neurologic sx of extremities/face, seizures, weight loss, paralysis, fatigue, urinary freq, weakness, cognitive impair, menorrhagia, abnormal gait, sleep impair, arthralgia, pulmonary nodules	60%	Feb 17, 2010

**An examination will be scheduled at a future date to evaluate the severity of your service connected Und neurologic ill (GW) manifested by involuntary movement and neurologic sx of extremities/face, seizures, weight loss, paralysis, fatigue, urinary freq, weakness, cognitive impair, menorrhagia, abnormal gait, sleep impair, arthralgia, pulmonary nodules.**

**Your overall or combined rating is 60%.** We do not add the individual percentages of each condition to determine your combined rating. We use a combined rating table that considers the effect from the most serious to the least serious conditions.

We have enclosed a copy of your Rating Decision for your review. It provides a detailed explanation of our decision, the evidence considered, and the reasons for our decision. Your Rating Decision and this letter constitute our decision based on your claim received on February 17, 2010. It represents all claims we understood to be specifically made, implied, or inferred in that claim.

We enclosed a VA Form 21-8764, "Disability Compensation Award Attachment-Important Information," which explains certain factors concerning your benefits.

“As a disabled combat veteran with little hope for the future, I was initially reluctant to try Grandmaster Fu’s videos after other forms of exercise failed to provide relief from fatigue and pain. I was immediately drawn in by the magnetism of Grandmaster Fu and Kirchhoff... finding the exercises relatively easy to perform. In less than one week after beginning the program, I have experienced a notable increase in energy and a significant reduction in pain. My progress has been astounding. I highly encourage individuals of all ages and physical status to try this program – It is simply amazing!”

- Megan Cate, Culpeper, VA

“I was examined by dozens of physicians... all with varying opinions. Their opinions ran from “It’s psychogenic in nature” to “Sorry but I have to tell you that you drew the short end of the stick”. The severity of my disability is and was disputable. I allowed the Tribune reporter access to my medical records so he could draw his own conclusions.

All I can tell you is how I felt from my perspective and if anyone would like to dispute it, they may review my HUNDREDS of pages of medical records.

The hole in my heart cannot be counted as a result of chemical exposures...I was born with it.

I neglected to mention in my previous e-mail that the VA themselves found the medical evidence sufficient enough to deem me 60% service connected disabled. They send me a monthly paycheck and pay for all healthcare and prescription medications.

The health concern was legitimate. If you read through the Tribune article, you will see that Ling Seager (Tiffany’s sister) had the same symptoms as I and shared similar experiences with physicians. They kept telling her that she was “fine” as she progressively lost weight, became weak, and passed away about a year after developing symptoms. No cause of death was ever

established. I recognized the fact that I was “following in her footsteps” and took action in an attempt to reverse course.

The problem with chemical exposures is that nobody knows enough about the topic to definitively say what is safe and what is not. Then one must factor in genetic susceptibility to such things. Exposure to the same chemical will cause varying symptoms in those exposed depending on his/her genetic weaknesses. It makes it difficult for physicians to pinpoint what, when, where and how.

I mentioned in earlier e-mails that the severity of my medical symptoms was disputable. Some physicians believed I would be able to live with proper medication and others felt I would progressively become worse and die. I heard just about everything you can think of!

In any case, I have attached the official VA document that outlined my medical conditions at the onset of my illness. Since that time I have also been diagnosed with: Chronic Fatigue Syndrome, Cognitive Disorder (NOS), Hyper Metabolism (My resting metabolism when tested last October was as high as a professional athlete's), Perimenopause, and Subclinical Hyperthyroidism. Additionally, Psychiatrists claim I have Adjustment, Anxiety and Depression Disorders (Attributed to my worry over my decline in health). I also developed auditory hallucinations in association with seizures.

I was hospitalized at the WRIIC from 9-13 May and began your Tai Chi program on 20 May. By the time I went to my follow-up appointment with my VA Primary Care Physician on 1 June, my leg had straightened out AND there was no sign of hormonal or thyroid issues which had been documented during my hospital stay just a few weeks earlier. When I received the results of the hormone and thyroid tests done on 1 June, I was upset... I thought the VA was messing with me. It never occurred to me at the time that Tai Chi could have rectified those problems in such

a short amount of time.

Now I will describe what daily life was like for me prior to beginning Tai Chi:

- I slept 13-15 hours per day.
- Household chores such as laundry and cooking became very difficult.
- I had difficulty maintaining weight despite the fact that I was eating normally and drinking SIX glasses of ensure each day!
- I could not walk through a grocery store without becoming fatigued nor could I go on outings with my family without the use of a wheelchair.
- My right leg was in constant pain even with the use of painkillers.
- Despite the use of anti-convulsant medication, I still experienced muscle twitching and jerking on a daily basis.
- I had seizures during sleep once or twice a month which grew in severity to the point where I experienced auditory hallucinations.
- Climbing stairs was excruciating! We had a stirlift installed in

our home last November and I avoided stairs as much as possible.

- Just before a nap late last year, I experienced a “vision” in which my deceased Grandfather told me that it was time to go. I’ve never been a believer in those things but I felt a sense of euphoria and saw a beautiful light. I wanted to go with him but told him that I must stay with my children. Just then my daughter who was napping with me screamed “MOM!”. I may have been having a seizure or I may really have been given the opportunity to transition - I don’t ponder it much.

- I had/have trouble with memory, fine motor skills, visual perception, multi-tasking, math and most things associated with the right hemisphere of the brain. I still have these problems but don’t feel they are as severe. I will begin “brain rehabilitation” next Tuesday.”