

# •• **Tool:** Example Medical Letter

By clearly articulating specific sensitivities, preferences, and requests upfront, you provide your doctor with the tools to create a more comfortable and supportive medical experience. Use my medical letter as an example to craft your own, and remember to update it as your needs evolve or based on feedback from healthcare providers.

Dear Doctor,

I am reaching out to share some information about my health that may affect my medical care. Although I typically operate with high executive function and may appear neurotypical, I have been formally diagnosed with Autism Spectrum Disorder (ASD) Level 1 and alexithymia, according to the DSM-5 criteria.

Understanding my condition is crucial, especially as it might affect my interactions in a medical environment. Here are key points that could influence my comfort and response during medical treatment:

- **Noise Sensitivity:** Sudden or loud noises are very distressing for me. If possible, please ensure a quiet environment during our appointments. Minimizing noise from medical equipment and conversations can help reduce my anxiety. I tend to wear earplugs in particularly noisy environments, and I may do so during our appointments.
- **Crowded Spaces:** I experience anxiety in crowded spaces. For this reason, where possible I schedule appointments during less busy times. Additionally, I would feel more comfortable if only essential personnel are present in the room during my appointments. While I understand the importance of medical training, I kindly request not to be examined by others for training purposes.
- **Lighting Sensitivity:** Intense lighting can be overwhelming. If the lighting in the examination room is adjustable, please consider dimming it to a more comfortable level for me, assuming it doesn't adversely impact medical treatment. When it is not possible to adjust the lighting, please do not be surprised if I opt to wear sunglasses to manage the sensitivity.
- **Movement Sensitivity:** I am quite sensitive to the movement of people and objects around me. Minimizing unnecessary movement in my vicinity can help me stay calm.

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- **Physical Contact:** I prefer to avoid physical contact when it is not necessary. Please explain any physical examinations or procedures beforehand.

Additionally, I might ask for detailed explanations during our interactions. As a technologist, understanding procedures and anticipated outcomes is vital for me. Providing thorough explanations can help me feel more at ease and better comprehend what to expect.

Please feel free to ask me any questions about my condition or any specific accommodations that could help. Your consideration of these elements will greatly improve my comfort and the quality of care I receive.

Thank you for taking these elements into consideration as we work together to manage my health.

Warm Regards,