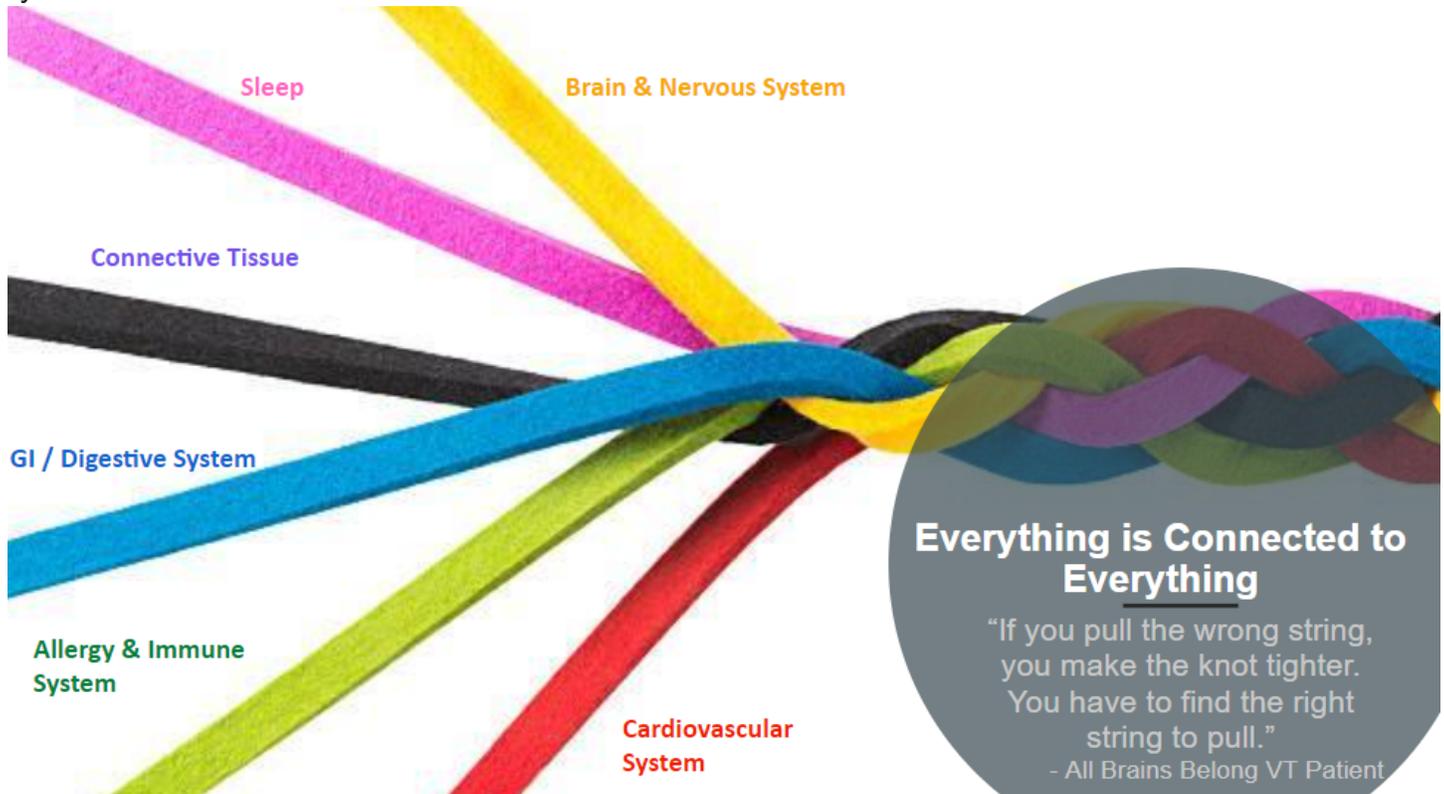




## Everything is Connected to Everything: List of Symptoms & Words

Autistic and/or ADHD adults often have a group of intertwined medical problems in many body systems. These medical conditions are often related to one another.



By treating these medical conditions as separate, this may result in a person not getting better. By thinking of these medical problems as intertwined, this may result in more improvements.

This educational document lists 12 categories of medical conditions. Our goal is to provide education about the “grouping” of intertwined medical conditions commonly experienced by Autistic and/or ADHD adults. This is for your education only.

You do not need to read this all at once. If you are overwhelmed, you can access other formats of this project at <https://allbrainsbelong.org/att-community/>

This is not intended to diagnose any medical conditions. The purpose is for you to learn what categories of medical problems are part of the “grouping” of medical problems in this project.

**If you have multiple categories of medical problems, this project may apply to you.**

If you think this project may apply to you, you can [bring this letter](#) to your primary care clinician.



Note: This resource is not meant to diagnose any medical conditions. Please see your personal clinician.

Table 2: Symptoms and Words that Autistic and ADHD patients in our community have used to describe their health. OR to access a list of symptoms (instead of medical terms), return to <https://allbrainsbelong.org/att-community>



### ALLERGY & IMMUNE SYSTEM

- Nose congestion / stuffy nose / mouth breathing
- Itchy or watery eyes, or nose, sneezing, wheezing
- Asthma flares with season changes
- Sinus problems (pain or swelling around eyes, nose, cheeks, or forehead)
- Allergies to many different things (medications, chemicals, foods, things in the environment)
- Wheezing or difficulty breathing with weather changes
- Unexplained rash or hives
- Chronic "Flu-like" Symptoms - sore throat, fevers, chills
- Swollen lymph nodes or "glands" - constant or recurrent
- Multiple food sensitivities or "food allergies"
- Frequent infections - examples: viruses, skin infections, "bronchitis", eye or ear infections, fungal or yeast infections



### BRAIN & NERVOUS SYSTEM

- Racing thoughts
- "Brain fog"
- Memory problems
- Feeling tired after a short period of mental activity
- Difficulty finding words
- Exhaustion or fatigue
- Vision problems like double vision, blurred vision
- Dizzy or feeling faint when standing
- Heart racing, palpitations
- Pain with bright light
- Change in taste or smell
- Ringing or buzzing in ears
- "Buzzing" or "zapping" in body
- Feeling unsteady or like being on a boat



### DIGESTION & GI SYSTEM

- Constipation, diarrhea, or both
- Abdominal distention / bloating / gas / slow gastric emptying, or feeling full constantly
- Abdominal pain - before, during, or shortly after eating
- Low or high stomach acid
- Disordered eating or other challenges related to eating
- Food aversions
- Difficulty swallowing, "lump in throat"
- Difficulty with high fat foods or many different types of foods



## All Brains Belong VT: Autistic & ADHD Healthcare Improvement Project

rev 9.20.23

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### SLEEP

- Snoring or noisy breathing while sleeping
- Grinding or clenching teeth
- Breathing through their mouth, either asleep or awake
- Frequent nightmares or night terrors
- Stopping breathing when sleeping or waking up with a gasp
- Tired or fatigued on a regular basis
- Waking up overnight to pee / wetting the bed
- Hard time falling asleep
- Restless / frequent movements during sleep
- Grogginess / difficulty waking up in the morning
- Melatonin, either REALLY helped or made extra groggy



### HEART & VASCULAR SYSTEM

- Unexplained dizziness / lightheadedness
- Heart palpitations / racing heart
- Fainting or near-fainting episodes
- Fingers / toes turn white / purple or hurt in response to cold
- Poor circulation - fingers or toes feel cold easily
- Headaches worsen with exercise / heat / cold / temperature changes
- Heart valve problems
- Blood vessel problems
- High blood pressure at an early age without an identified cause



### MUSCLES & CONNECTIVE TISSUE

- Dislocated joints / joints that pop in and out / "subluxations" / joints "crack" or "clunk" often
- Chronic neck or back pain / spine pain
- "Very flexible joints" / "Double jointed"
- Repetitive Injuries (rolled / sprained ankles, wrists, anything)
- Fatigue or muscle pains after exertion, whether minimal or major (post-exertional malaise)
- Joint pains that are diffuse (all-over) or localized (one area) or migratory (moves around)
- Joint laxity / joint pain / frequent joint injuries



### DENTAL & JAW

- Jaw pain or popping / clicking / Jaw dislocation
- Teeth grinding or clenching
- Space / gap between upper two front teeth
- Mouth open during sleep or when awake (even a little bit)
- Dry lips or mouth
- Bad breath (halitosis)
- Drooling
- Head often tilted to the side
- Frequent ear aches / pain
- Gum disease
- Extensive cavities without a cause identified



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 <p><b>PELVIC ISSUES</b></p>	<ul style="list-style-type: none"><li>● Painful periods, emotional or other changes during periods</li><li>● Pain with sexual intercourse</li><li>● Pelvic pain</li><li>● Bladder infections or bladder pain</li><li>● Low or high testosterone levels</li><li>● Erectile dysfunction</li><li>● Leaking stool or urine</li></ul>
 <p><b>SKIN &amp; HAIR</b></p>	<ul style="list-style-type: none"><li>● Poor wound healing / easy scarring</li><li>● Thin or transparent / "see-through" skin</li><li>● Chilblains or "COVID toes"</li><li>● Stretch marks</li><li>● Hair loss</li><li>● Rash or other reaction to sun exposure</li><li>● Peeling or flaking of skin / dry skin / oily skin</li></ul>
 <p><b>HEMATOLOGY &amp; BLOOD</b></p>	<ul style="list-style-type: none"><li>● Blood clots - personal or family history</li><li>● Bleeding disorder - personal or family</li><li>● Bleeding or bruising easily</li><li>● Personal or family history of more than one miscarriage</li></ul>
 <p><b>ENDOCRINE &amp; HORMONES</b></p>	<ul style="list-style-type: none"><li>● Chronic fatigue, brain fog</li><li>● Adrenal fatigue</li><li>● Cortisol deficiency or excess</li><li>● Hormone imbalances</li><li>● Excessive sweating or under-sweating</li></ul>
 <p><b>VITAMIN &amp; NUTRITION</b></p>	<ul style="list-style-type: none"><li>● Low iron</li><li>● Low vitamin D</li><li>● Low magnesium</li><li>● Low (or oddly high) B12</li></ul>

If you think this project may apply to you, you can **bring this letter** to your primary care clinician. Visit <https://allbrainsbelong.org/all-the-things> to return to the main project website.

We also note that these conditions impact, and are impacted by neurodivergent burnout, trauma, anxiety, depression, and other conditions. Everything is connected to everything.

**Did you find this resource helpful?**

Consider supporting our work at <https://allbrainsbelong.org/donate>