



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

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

### Everything is Connected to Everything: List of Medical Conditions

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 these 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 clinic**



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**Table 1: Examples of medical conditions that are part of the grouping of related conditions. Or return to <https://allbrainsbelong.org/att-community> for a list of symptoms (instead of medical terms).**



### ALLERGY & IMMUNE SYSTEM

- Allergic rhinitis
- Chronic sinus disease
- Asthma / reactive airway disease
- Mast cell activation syndrome (MCAS)
- History of severe allergic reaction or anaphylaxis
- Medication and/or chemical sensitivities
- Autoimmune disease (autoimmune thyroid disease, Crohn's disease, Lupus, rheumatoid arthritis, psoriasis any other autoimmune disease)
- Myalgic encephalomyelitis / chronic fatigue syndrome (ME/CFS)
- Long COVID, Chronic Lyme, Chronic Mono



### BRAIN & NERVOUS SYSTEM

- Migraine and other chronic headache
- Neuropathy
- Post-concussive syndrome
- Depression / Anxiety / Obsessive Compulsive Disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- POTS or Dysautonomia
- Tethered spinal cord, sacral dimple, spina bifida, Chiari malformation
- Brachial outlet syndrome, thoracic outlet syndrome
- Multiple sclerosis - personal or family history
- Parkinson's - personal or family history
- Disequilibrium, vertigo, or tinnitus
- Postural-perceptual dizziness (PPPD)



### DIGESTION & GI SYSTEM

- Irritable bowel syndrome (IBS)
- Acid reflux (GERD) / indigestion
- Chronic gastritis
- Hiatal hernia
- Avoidant/ restrictive food intake (ARFID)
- Esophageal spasm or strictures
- Gallbladder spasm / Sphincter of Oddi problems
- Anal fissures / tears
- Uterine or rectal prolapse, hemorrhoids
- Dysbiosis, SIBO, intestinal candidiasis
- Chronic constipation or diarrhea
- Encopresis
- Celiac disease
- Eosinophilic esophagitis



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### SLEEP

- Sleep apnea - personal or family history
- Narcolepsy
- Restless leg syndrome (RLS)
- Insomnia
- REM sleep disorder
- Periodic limb movement



### HEART & VASCULAR SYSTEM

- POTS / postural orthostatic tachycardia syndrome
- Dysautonomia
- Raynaud's phenomenon
- Personal or family history or aneurysms
- Personal or family history of artery dissections / tears
- Personal or family history or aorta / aortic problems
- Family or personal history of blood clots / DVT
- Mitral valve prolapse, other valvular dysfunctions
- Varicose veins, spider veins, vasculitis



### MUSCLES & CONNECTIVE TISSUE

- Cervico-axial instability
- Hypermobility or Hypermobility Ehlers-Danlos Syndrome
- Flat feet, club foot, or bunions
- Chronic pain
- Fibromyalgia
- Myofascial pain syndromes
- Chronic regional pain syndrome



### DENTAL & JAW

- TMJ / temporomandibular joint dysfunction
- Tongue tie or lip tie
- High palate (or history of palate expander)
- Periodontal disease (gum disease)
- Deviated septum (crooked nose)
- Many dental cavities (at any time in your life)
- Cavities, gum recession or inflammation



### PELVIC AREA ISSUES

- Endometriosis or adenomyosis
- Polycystic ovarian syndrome (PCOS)
- Pelvic floor dysfunction
- Vaginismus or Vaginal pain
- Interstitial cystitis
- Frequent Urinary Tract Infections (UTI's) or urinary retention
- Dysmenorrhea
- Premenstrual dysphoric disorder (PMDD)
- Low or elevated testosterone
- Erectile dysfunction
- Urinary or fecal incontinence



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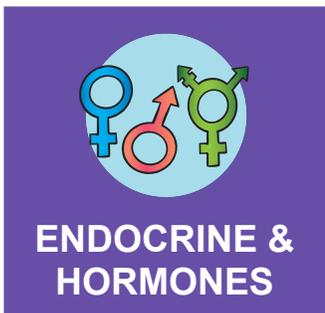
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- Eczema
- Psoriasis
- Adult acne
- Alopecia
- Chilblains or COVID toes



- Deep venous thrombosis (blood clots) - personal or family history
- Pulmonary embolism - personal or family history
- Bleeding disorder - personal or family
- Factor V Leiden, Lupus anticoagulant
- Personal or family history of more than one miscarriage



- Hypothyroidism
- Hyperthyroidism
- Grave's Disease
- Hashimoto's Disease
- Diabetes / prediabetes



- Iron deficiency
- Vitamin D deficiency
- Magnesium deficiency
- B12 deficiency
- MTHFR mutations
- Mitochondrial disorders

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

Visit <https://allbrainsbelong.org/all-the-things> to return to the main project website.

We also note that this grouping of intertwined conditions are connected to other experiences common to Autistic and ADHD people. Neurodivergent burnout may be worsened by these conditions. These conditions impact, and are impacted by, trauma, anxiety, depression, and other conditions. Everything is connected to everything.

**Did you find this resource helpful?**

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