



All Brains Belong VT
Neuroinclusive Healthcare & Community

Brain Club® Digital Resource Library

PLAIN TEXT SUMMARY

“The Best Way to Support My Health is to Believe Me”

Many Autistic people have many health problems.

They have a hard time going to the doctor.

Most doctors don’t know enough about Autistic people’s bodies.

In a study by Dr. Lewis, most Autistic people said their doctors didn’t believe them. This made them feel worse after seeing the doctor. Autistic people also talk about other bad experiences people had when they went to the doctor.

Key terms:

Neuro-immune	Neuro-immune means relating to the parts of the body that keep us safe. The nervous system (which helps the brain and body work well) and the immune system (which helps the body fight off infections).
Mast cell activation:	See https://tmsforacure.org/
Dysautonomia	See What is Dysautonomia?

Free website:

- [“Everything is Connected to Everything: Improving the Healthcare of Autistic & ADHD Adults”](#)