

**Sample Letter to bring to your appointment should you be concerned about verbal communication while with a medical professional**

Dr. Dr. \_\_\_\_\_ ,

As an Autistic person, I am sometimes unable to express my concerns verbally, especially in moments I find stressful. As a result, I'd like to begin our appointment with this written communication. However, I may be able to speak as our appointment progresses.

I have been experiencing symptoms that I think might be related to menopause or perimenopause. These symptoms are indicated on the list I have provided along with this note. I am most concerned about **(list symptom or symptoms that are causing you the most concern)**. Please help me understand these issues and how I can address resolve them.

Sincerely,

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