

Overcome Medical Gaslighting

Being dismissed or having your symptoms downplayed by a healthcare provider can be frustrating and disheartening, especially when you're seeking answers after a vaccine injury. Medical gaslighting occurs when a provider minimizes your concerns or suggests symptoms are "all in your head." You deserve compassionate, thorough care. Use this worksheet to help identify gaslighting, prepare for appointments, and advocate for yourself—even if it means seeking a new provider.

Identifying Medical Gaslighting:

Common signs include:

- Your symptoms are dismissed as anxiety or stress without proper evaluation.
 - You're told "nothing is wrong" despite ongoing symptoms.
 - The provider refuses to order tests or consult specialists.
 - Your concerns are met with condescension or frustration.
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Preparing for Appointments:

Arrive prepared with the following tools:

- ✓ **Symptom Journal:** Document date, time, symptoms, foods eaten, activities, exposures, and treatments tried. Patterns can guide testing and treatments.
 - ✓ **Medical History:** Bring a timeline of your symptoms, previous tests, diagnoses, and treatments.
 - ✓ **Support Person:** If possible, bring someone to advocate with you.
 - ✓ **Questions (bring this list):**
 - *What tests or diagnostics have been done to rule out other conditions? (Can you name specifics?)*
 - *Can you explain why you think this is [provider's suggested cause] and not [your concern]?*
 - *Can you rule out other conditions that might appear similar?*
 - *What is the treatment plan beyond [current suggestion]?*
 - *If this is physiological, what treatments would you consider? Is there any reason not to attempt them?*
 - *What are the risks to trying these treatments, and how do they compare to the potential benefits?*
 - *Are there any other tests that could help rule out other causes?*
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Overcoming Gaslighting:

- ✓ **Stay Calm and Firm:** Use the questions above to steer the conversation toward solutions.
 - ✓ **Request Documentation:** Ask for your medical records, notes from visits, and copies of test results.
 - ✓ **Don't Be Afraid to Move On:** If you feel dismissed, it's okay to find a new provider. A good healthcare professional should listen and collaborate with you.
 - ✓ **Explore Alternative Providers:** Nurse practitioners, functional medicine practitioners, or integrative medicine providers may offer different perspectives.
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Your Health Matters. You Deserve Respectful Care.

Taking these steps will help you navigate medical appointments with confidence, ensuring your concerns are heard and addressed. Keep advocating until you find the care you deserve!

