

WHAT IS MEDICAL GASLIGHTING?



IF YOUR CONCERNS ARE DISMISSED, IT CAN DELAY THE CARE YOU NEED.

WHY DOES MEDICAL GASLIGHTING OCCUR?

- Doctors and nurses may be busy or tired
- Providers may make assumptions based on age, gender, weight or race
- Medical gaslighting is wrong, but it does happen

HOW CAN PATIENTS RESPOND?

- **Trust Yourself**
 - If something feels wrong, it probably is
- **Speak Up**
 - Insist that something is not right, and it needs to be looked into further
- **Bring Someone with You**
 - Having an advocate, a family member or a friend can help you take notes
- **Ask for Tests or Referrals**
 - If a provider says “no,” ask them to document that in your medical records
- **Get a Second Opinion**
 - Patients are encouraged to see another doctor, especially if they are being dismissed
- **Write it Down**
 - Keep a record of your symptoms and what you are told



MAKE SURE YOUR VOICE IS HEARD. YOU KNOW YOUR BODY THE BEST.

ADVOCACY CHECKLIST

Patient Checklist	✓
Trust yourself if something feels wrong	
Speak up if you are being dismissed	
Bring someone with you for support	
Ask for tests or referrals	
Get a second opinion	

Notes:
