

# Review of: "[Commentary] Recognising and Managing Medical Issues in Neurodiverse Females"

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Potential competing interests: No potential competing interests to declare.

Review: Recognising and Managing Medical Issues in Neurodiverse Females.

This article is well written, very factual and particularly useful in promoting better awareness and improved understanding of the multiple handicaps autistic females, and autistic individuals at large, are faced with.

I would, however, venture the few following suggestions:

"The healthcare needs of neurodiverse females" section

It seems to me that rewording the end of the 1st paragraph as follows might better describe the actual situation:

A systematic review suggested that hypersensitivity, impaired executive function and communication issues all contributed to autistic females experiencing difficulties with access to medical care [18]. Lack of awareness of these issues by health care professionals accentuated the neglect of their health care needs, leading to poorer outcomes as a result [17]

In the same paragraph:

...comparison[22][23][24][25]. These findings apply across the age spectrum applying to addressing both young autistic individuals [14][16][22][23][24][26] as well as older ones [27].

While some of these observations may be explained by genetic predispositions, especially to circulatory disorders, cancer, and diabetes [28], A further factor may relate to hormonal dysregulation, which appears increased among autistic females both prior to birth and in later life

[29][30][31][32][33], might be a further factor promoting obesity and predisposing towards diabetes and circulatory disease [34][35][36].

"Physical health issues in neurodiverse females" section

Migraine and irritable bowel syndrome are also common causes of chronic pain in younger neurodiverse females [45].

Intestinal dysbiosis, characterised by profound gut microbiota alterations (PMID: 32192218) are frequent amongst autistic individuals (PMID: 31404299), although gastrointestinal symptoms may have more specific causes. There appears to be an leading to increase in the prevalence of inflammatory bowel disease [46], probably coeliac disease [47] and subsequent possibly bile acid nutrients malabsorption in this population. Along with an increased risk of eating disorders in this population, especially of the restrictive intake type [48], this can lead to nutritional deficiencies especially of in micronutrients such as iron and of vitamins B and D. Anaemia is a frequent comorbidity amongst autistic children (PMID: 30778834) who also frequently show reduced bone mineral density at all skeletal sites compared to controls [49].

Perhaps related to this observation is the finding that the prevalence of airways disease, and especially of asthma, is much increased among females with neurodiversity [11][59]. Clear relationships between intestinal dysbiosis and the occurrence of skin disorders such as eczema and the development of asthma have now been established (PMID: 35433544; 31383277; 31793015).