

Monti Worsham — Sensory / Neurological Trigger and Symptom Log

I experience significant sensory and neurological symptoms that appear to be triggered or worsened by certain environmental stimuli, including electronics, appliances, vehicles, aircraft, flickering lights, power lines, pumps, trains/light rail, and lawn-maintenance equipment.

When triggered, I experience symptoms that can feel like low-level electrical vibration or internal stimulation. These episodes interfere with sleep, rest, concentration, work, emotional regulation, balance, and daily functioning.

Reported symptoms include:

- burning or tightening sensations in the stomach and neck
- prickling, numbness, or tingling in the feet
- body heat, sweating, and “adrenal dumping” sensations
- vibration sensations in the head, chest, or body
- dizziness, swirling, or wave-like sensations
- confusion, brain fog, and difficulty concentrating
- burning eyes, seeing flashes of light or “stars”
- nausea, gastrointestinal stimulation, and gas
- balance disturbance
- nervous shaking
- emotional reactivity or elevated distress during episodes
- ringing or pounding in the ears
- stress/emotion-related incontinence
- fatigue and flu-like symptoms
- stiff or sore muscles
- skin irritation or blistering

Because I have a history of head injury concerns, possible TBI, autism, trauma, sensory sensitivity, fibromyalgia, dizziness, balance issues, and worsening functional impairment, I am requesting appropriate medical and neuropsychological evaluation to determine whether these symptoms may be related to neurological injury, sensory-processing differences, vestibular issues, migraine/visual sensitivity, autonomic nervous system dysregulation, trauma-related hyperarousal, medication effects, or another medical condition.

I am also requesting that providers consider reasonable accommodations to reduce sensory overload during appointments and care planning.

Monti Worsham - Electronic Hypersensitivity - Triggers and Symptoms

Triggers - When they kick on - the vibrations cause Symptoms:

Electronics (i.e. phones, computers, television), Appliances (i.e. air conditioner, refrigerator, washer/dryer), Vehicles, Aircraft, Lights (flickering or strobe), Power lines, Pool pump, Aircraft, Trains, Light rail, Lawn maintenance tools

Symptoms: Feels like a low-level electrocution when it “hits” - Sleep, Rest, Work

Disturbance and Life Disruption from:

Burning/Tightening in the stomach and neck

Prickling, Numbness, Tingling of the feet

Body heat/sweating

Vibrations - head and chest

Dizziness - “swirling” “wave-like”

Confusion - Brain Fog

Burning Eyes - “See Stars” - Flashes of Light

Nausea - G.I. Stimulation, Gas

Balance

Nervous Shaking

Adrenal dumping

Elevates Emotions/Reactive

ringing/Pounding in Ears

Incontinence - Stress/Emotion

Fatigue

Toxic Flu-like Symptoms

Stiff and Sore Muscles

Skin Irritation - Blisters

****Was told by a Veterans Advocate who is very familiar with TBI symptoms, that electronic hypersensitivity can occur after head/brain injury.**