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GULF COAST NEUROLOGY & ENDOCRINOLOGY ASSOCIATES

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Date: July 9, 2026

To:

Center for Educational Accessibility and Disability Resources

University of South Alabama

Educational Services Building, Suite 19

Mobile, AL 36688-0002

RE: Academic Accommodations Documentation

Patient Name: Johnathan Smith

DOB: 04/12/2005 | **Jag#:** J00987654

To Whom It May Concern,

I am writing to provide comprehensive medical documentation to support the request for academic accommodations for Johnathan Smith. Johnathan is under my direct care for multiple chronic, intersecting medical conditions: **Narcolepsy (Type 1), Type 1 Diabetes Mellitus (Insulin-Dependent), and Postural Orthostatic Tachycardia Syndrome (POTS).**

These are strictly physiological, systemic conditions. Johnathan does not have any diagnosed learning disabilities, attention deficit disorders, or psychiatric conditions; his academic barriers are entirely driven by the unpredictable physical limitations of his medical diagnoses.

1. Functional Limitations & Academic Impact

The intersection of these three conditions causes significant physical instability that directly interferes with daily academic performance, attendance, and testing environments:

- **Sleep-Wake Regulation & Alertness (Narcolepsy):** Despite optimal medical management, Johnathan experiences severe daytime sleepiness and sudden "sleep attacks" that cannot be controlled by willpower. This severely limits his ability to sustain prolonged focus during long lectures or timed, standard-duration exams.
- **Glycemic Volatility (Type 1 Diabetes):** Severe fluctuations in blood glucose (hypoglycemia and hyperglycemia) directly impair acute cognitive functioning. During blood sugar crashes or spikes, he experiences cognitive fog, blurred vision, tremors, and confusion. He requires immediate access to glucose, insulin dosing, and his Continuous Glucose Monitor (CGM) at all times.

- **Orthostatic Intolerance & Circulation (POTS):** Prolonged sitting or standing triggers a rapid increase in heart rate, dizziness, and near-syncope (fainting). When a POTS flare occurs, he must immediately change postures (elevate his legs or lie down) and consume large amounts of fluids and sodium to stabilize his blood pressure.

2. Recommended Academic Accommodations

Based on these specific physical limitations, I recommend the following reasonable accommodations to ensure Johnathan has an equal opportunity to succeed academically:

Testing Accommodations

- **Extended Testing Time (1.5x / Time-and-a-half):** To mitigate the cognitive delays caused by sudden blood glucose fluctuations or narcoleptic micro-sleeps during exams.
- **Permission to Utilize Medical Devices & Food:** He must be permitted to keep his smartphone/CGM receiver on his desk during exams to monitor blood sugar levels, along with necessary medical snacks/juices and water.

Classroom Accommodations

- **Ability to Stand/Move in Class:** To manage POTS symptoms and maintain alertness against narcolepsy, Johnathan needs the flexibility to quietly stand at the back of the classroom or stretch during long lectures to stimulate circulation.
- **Audio Recording of Lectures:** If a sleep attack or glycemic fog occurs during class, having access to audio recordings allows him to capture the missed instructional material without relying on structural peer note-taking.

3. Duration and Prognosis

These conditions are chronic, lifelong, and permanent. While they are treated with ongoing prescription therapeutics and lifestyle interventions, the symptoms fluctuate unpredictably. Johnathan will require these accommodations for the **entirety of his undergraduate career**.

Please contact my office at (251) 555-0155 if you require further clinical clarification.

Sincerely,

Dr. Elena Rostova, MD

Board-Certified Neurologist & Endocrinologist

Alabama Medical License #AL654321