

Dear GP

This person has come to see you because they have a stammer. When this person stammers, they experience the following (tick those that apply):

- They repeat sounds or words.
- Their words are sometimes stretched or elongated.
- They have a block and get stuck when trying to get sounds out.
- They are physically very tense and strained when they speak.
- They anticipate words that might be difficult to say and change them for other words
- Other (as described)

Stammering commonly starts in early childhood and is a neurodevelopmental speech difference. Stammering which starts later in life can be associated with:

- A recurrence of a childhood stammer.
- A neurological event or condition (structural neurological stammering).
- A change in the way the brain is functioning but in the absence of structural damage or disease (functional neurological stammering).
- A side-effect of prescription medication or recreational drugs.

It is normal for stammering to vary. It can fluctuate naturally over time and situations, or some people may have learned to hide it. You may not see the person stammer during their appointment. This does not mean that they are not severely affected by stammering. Please consider and discuss the following options with the person as appropriate:

- Referral to Speech and Language Therapy.
- Referral for a full neurological assessment to rule out structural neurological changes or abnormalities (particularly if the stammer is new and began in adolescence or adulthood).
- Counselling or psychology support.

We can provide further information or support, either for this person or for yourself as a healthcare professional. Email us at help@stamma.org or call us on 0808 802 0002. Find more information at www.stamma.org.