
How you can help me:

- Conditions I was born with include:
- Oesophageal Atresia (OA)
 - Tracheo-Oesophageal Fistula (TOF)

Some situations I find triggering are:

I have had major surgery requiring intensive care and have had many other medical procedures and investigations during my life. As a result, I find some medical situations make me very anxious.

the current situation is triggering for me

I suffer from medical trauma and

This card holder suffers from medical trauma.

For more information please scan the QR code or visit:
tofs.org.uk/card/



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Urgent medical information

please read

I was born with Oesophageal Atresia (OA) Tracheo-Oesophageal Fistula (TOF). A rare, complex, life threatening condition. My oesophagus did not connect to my stomach. My trachea and oesophagus were joined together. OA/TOF has resulted in lifelong physical and emotional difficulties for me.