

## Dr. Robyn Milton



Robyn is a general practitioner in Cape Town, with special interests in sexual, hormonal and metabolic health. Her practice is queer and neurodivergent affirming, and works to offer a safe space to people who may have historically felt uncomfortable in traditional healthcare settings.

Her medical career began with the dopamine-addicted world of Emergency Medicine, which she now utilises as a faculty member of the Resuscitation Council of South Africa, teaching advanced resuscitation and emergency management to fellow doctors. Over time, she realised that the complaints that landed patients in emergency departments often stemmed from underlying issues hidden far back in their lives, and discovered her true interest lies in connecting with patients one-on-one.

As someone who has personally navigated the discovery of her own AuDHD, PCOS and anxiety, Robyn works to offer a practice that embraces each individual's own journey. She brings a unique perspective to general practice, shaped by qualifications in disability studies and obstetrics, as well as a personal connection to the disability community.