



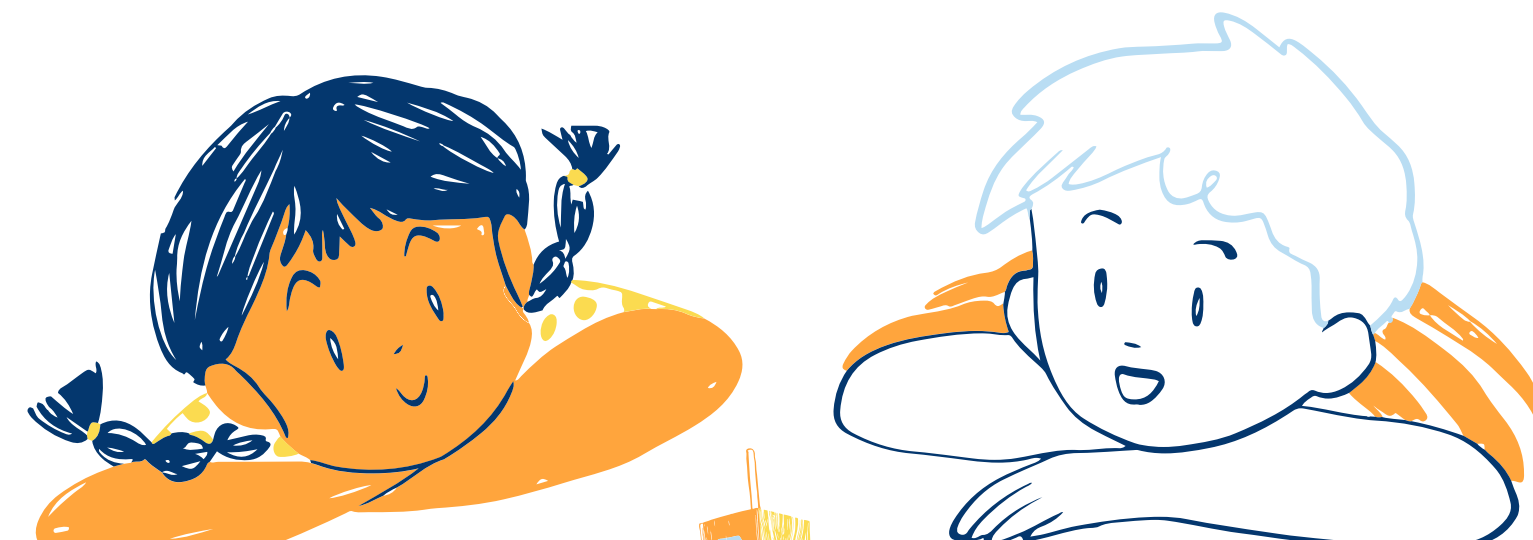
Autism

Autism Spectrum Disorder



Table of Content

- 1. Introduction**
- 2. Symptoms of Autism**
- 3. Causes of Autism**
- 4. Diagnosis and Assessment**
- 5. Treatment of Autism**
- 6. Conclusion**





Introduction

Definition

Autism is a neurodevelopmental disorder in which a person may have difficulties in communication, social interaction, and expressing emotions, often leading to challenges in understanding social cues, forming relationships, and adapting to changes in routine or environment.

➔ **Definition**

➔ **History**

➔ **Statistics**

➔ **Myths and Fact**

➔ **Awareness**



Introduction

➔ **Definition**

➔ **History**

➔ **Statistics**

➔ **Myths and Fact**

➔ **Awareness**

History

Before 1900

no formal term or understanding of autism.

After 1900

- Leo Kanner Austrian-American psychiatrist (1943 published a paper titled "Autistic Disturbances of Affective Contact" based on 11 children)
- Hans Asperger (1944) Austrian pediatrician, published a paper 1944 describing children with similar characteristics.



Introduction

➔ Definition

➔ **History**

➔ Statistics

➔ Myths and Fact

➔ Awareness

History

1950s–1960s The "Refrigerator Mother" Theory

Bruno Bettelheim proposed that what caused their children's autism lack of maternal warmth and nurturing.



Introduction

➔ **Definition**

➔ **History**

➔ **Statistics**

➔ **Myths and Fact**

➔ **Awareness**

History

1980 DSM-III Includes Autism

Autism was formally recognized as a Diagnostic and Statistical Manual of Mental Disorders (DSM-III).

- **1990s Emergence of Asperger's Syndrome DSM-IV (1994)**
- **2013 DSM-5 revised the diagnostic criteria in 2013**
- **Modern Era**



Introduction

➔ Definition

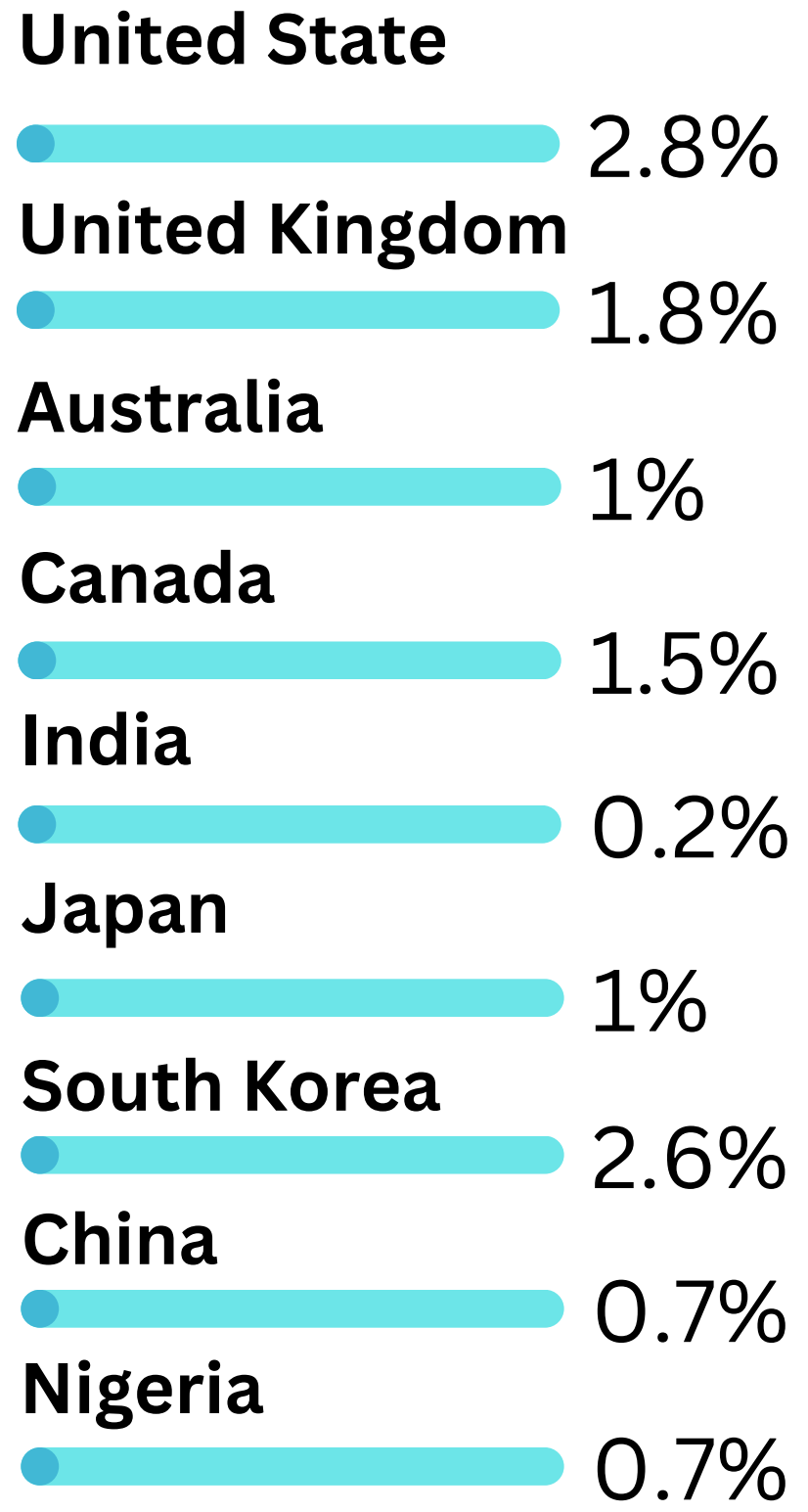
➔ History

➔ **Statistics**

➔ Myths and Fact

➔ Awareness

Statistics

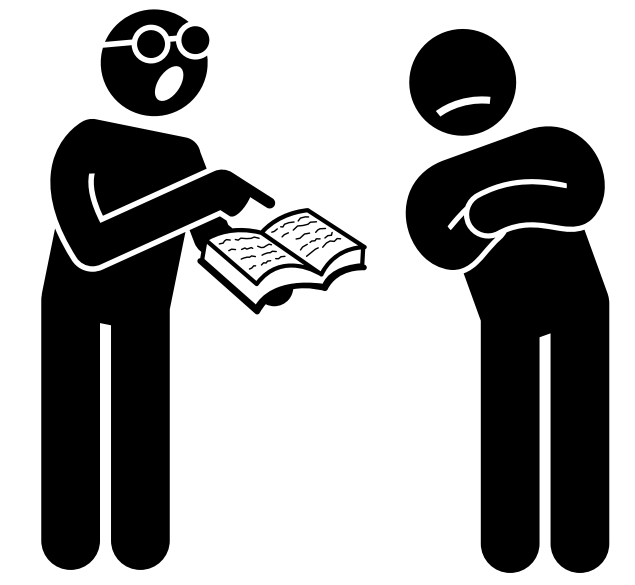
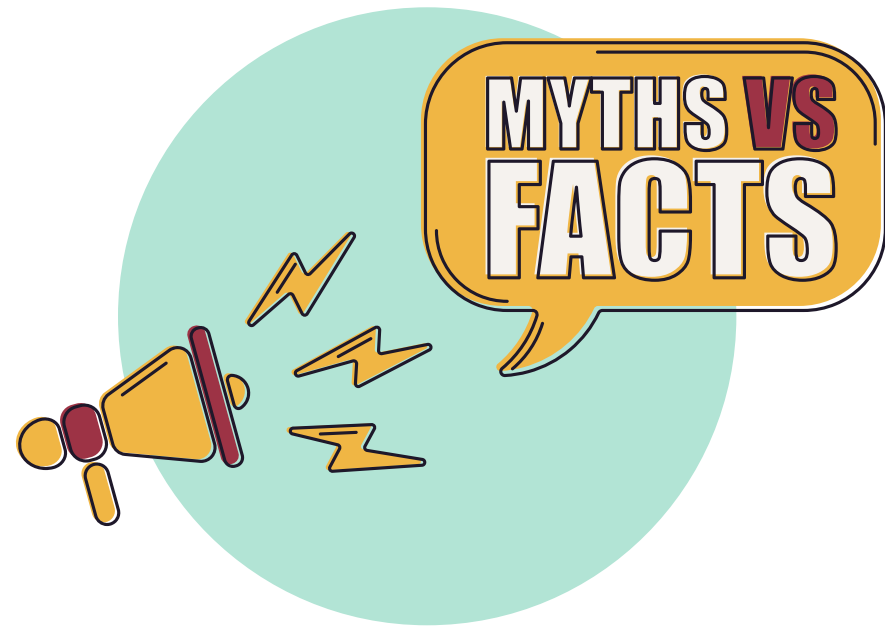


approximately 1 in 100 people worldwide are diagnosed with

AUTISM



Introduction



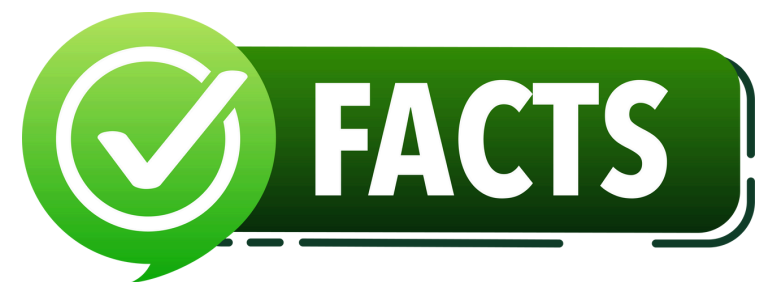
➔ **Definition**

➔ **History**

➔ **Statistics**

➔ **Myths and Fact**

➔ **Awareness**



Autistic people lack empathy	Experience empathy but may express it differently
Autism is caused by vaccines	Extensive research shows no link between vaccines and autism
All autistic people have intellectual disabilities	some individuals have an average or above-average intelligence
Autism can be "cured"	Autism is a lifelong neurodevelopmental condition
Autistic people don't want friends	Autistic individuals struggle with social skills



Introduction

➔ Definition

➔ History

➔ Statistics

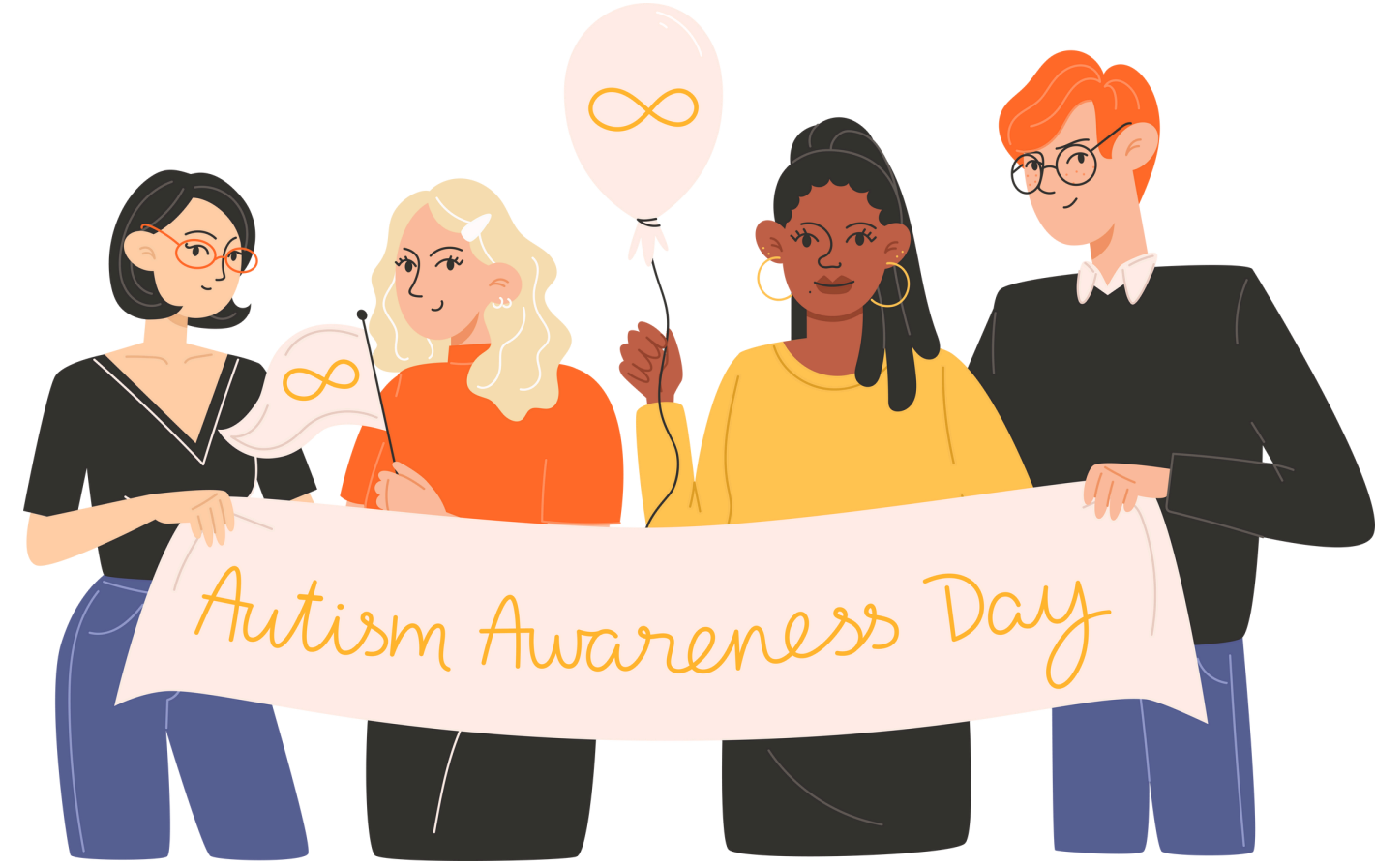
➔ Myths and Fact

➔ **Awareness**

Awareness

Awareness about autism matters
because it

- Promotes acceptance
- Reduces stigma
- Autistic individuals receive support and accommodations
- It helps in schools, workplaces, and communities
- Early diagnosis and intervention





Social interaction difficulties

Difficulty in initiating the communication

Difficulty making eye contact

Difficulty reading facial expressions and emotions

Feeling uncomfortable in social gatherings

∞ Social interaction difficulties

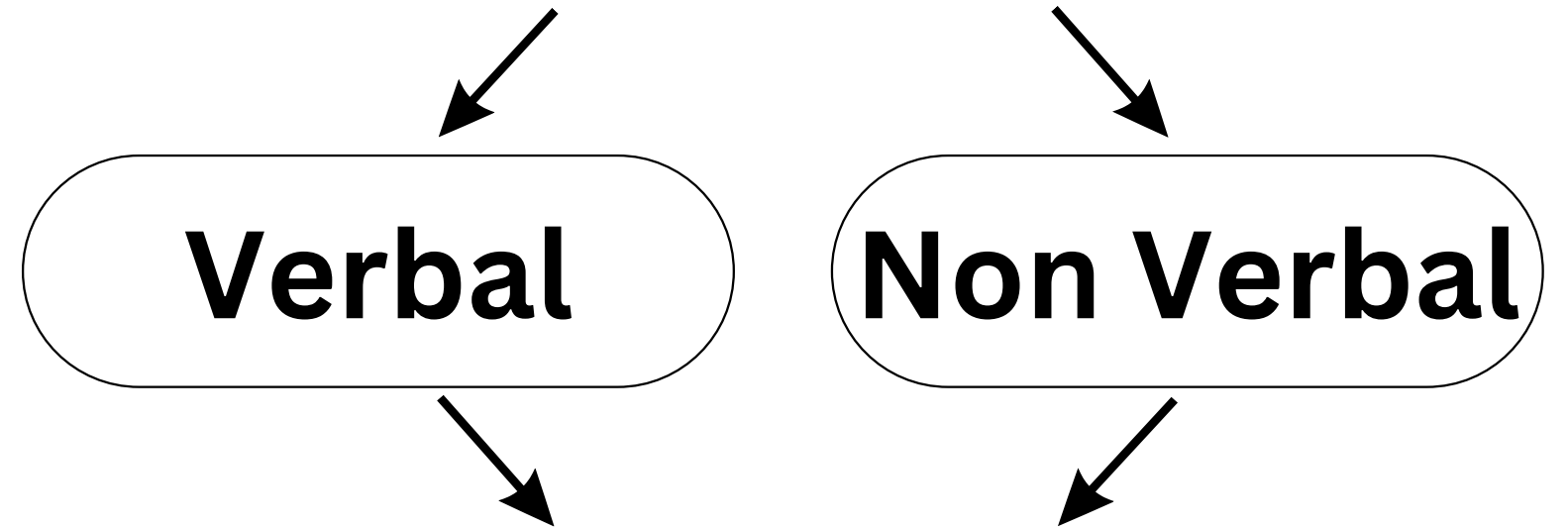
∞ Communication issues

∞ Behavior problem





Communication issues



∞ Social interaction difficulties

∞ Communication issues

∞ Behavior problem



Delayed Speech and language development

Difficulty in understanding funny talk

Echolalia, or repeating the same phrase

Difficulty in Gesture Talk



Behavior problem



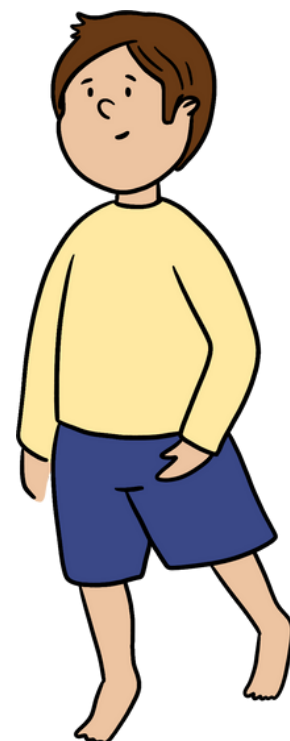
Repetitive Behavior, hand flapping, toe walking, self stimming



Rigid Routine, when the routine is disturbed they feel stress



Sensory sensitivity from light, texture, and sound



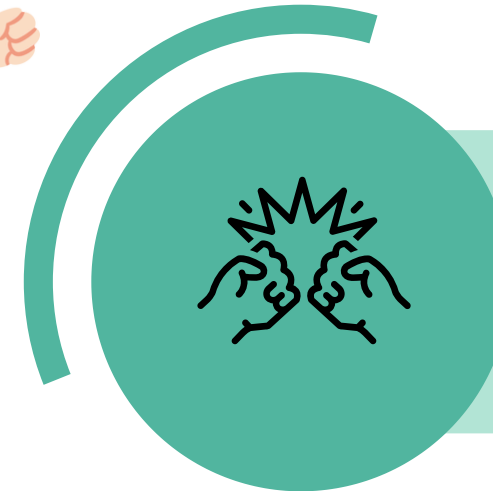
∞ Social interaction difficulties

∞ Communication issues

∞ Behavior problem



Behavior problem



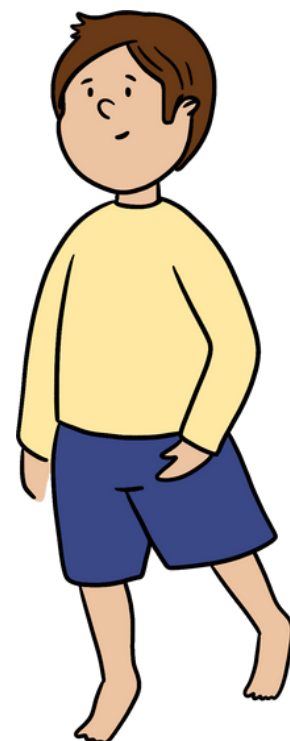
Meltdowns and Shutdowns,
due to sensory overload



Aggressive and self-injury
behavior



Unnecessary crying and
Laughing



∞ Social interaction difficulties

∞ Communication issues

∞ Behavior problem



Genetic Factor

Hereditary component If the mother or father were Autistic

Gene Mutations like SHANK3, NRXN1, or MECP2 genes.

Maternal health, toxin exposure, and nutrition



Genetic Factor



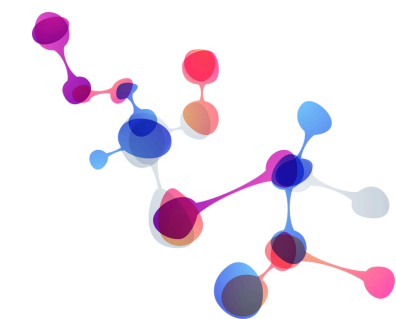
Environmental Factor



Myths and Controversy



Brain Development





Environmental Factor

Parental age (especially older parents)

Prenatal exposure to toxins, infections, or certain medications

Complications during birth, like low birth weight or oxygen deprivation

 **Genetic Factor**

 **Environmental Factor**

 **Myths and Controversy**

 **Brain Development**





Myths and Controversy

“ Vaccine and Autism relation is a myth It started with a 1998 study by Andrew Wakefield, which suggested a link between the MMR (measles, mumps, rubella) vaccine and autism.

The study was later discredited due to flawed methodology and ethical violations



Genetic Factor



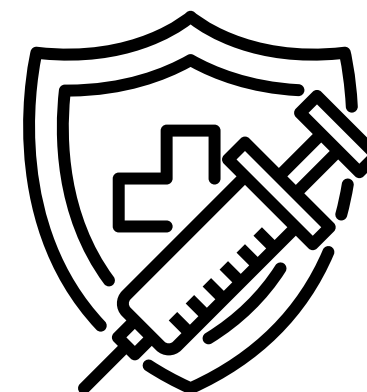
Environmental Factor



Myths and Controversy



Brain Development





Brain Development



Amygdala and social behavior :
Amygdala responsible for emotions

 **Genetic Factor**

Autistic individuals show rapid brain
growth during early childhood

 **Environmental Factor**

The cerebellum helps coordinate
movement and attention

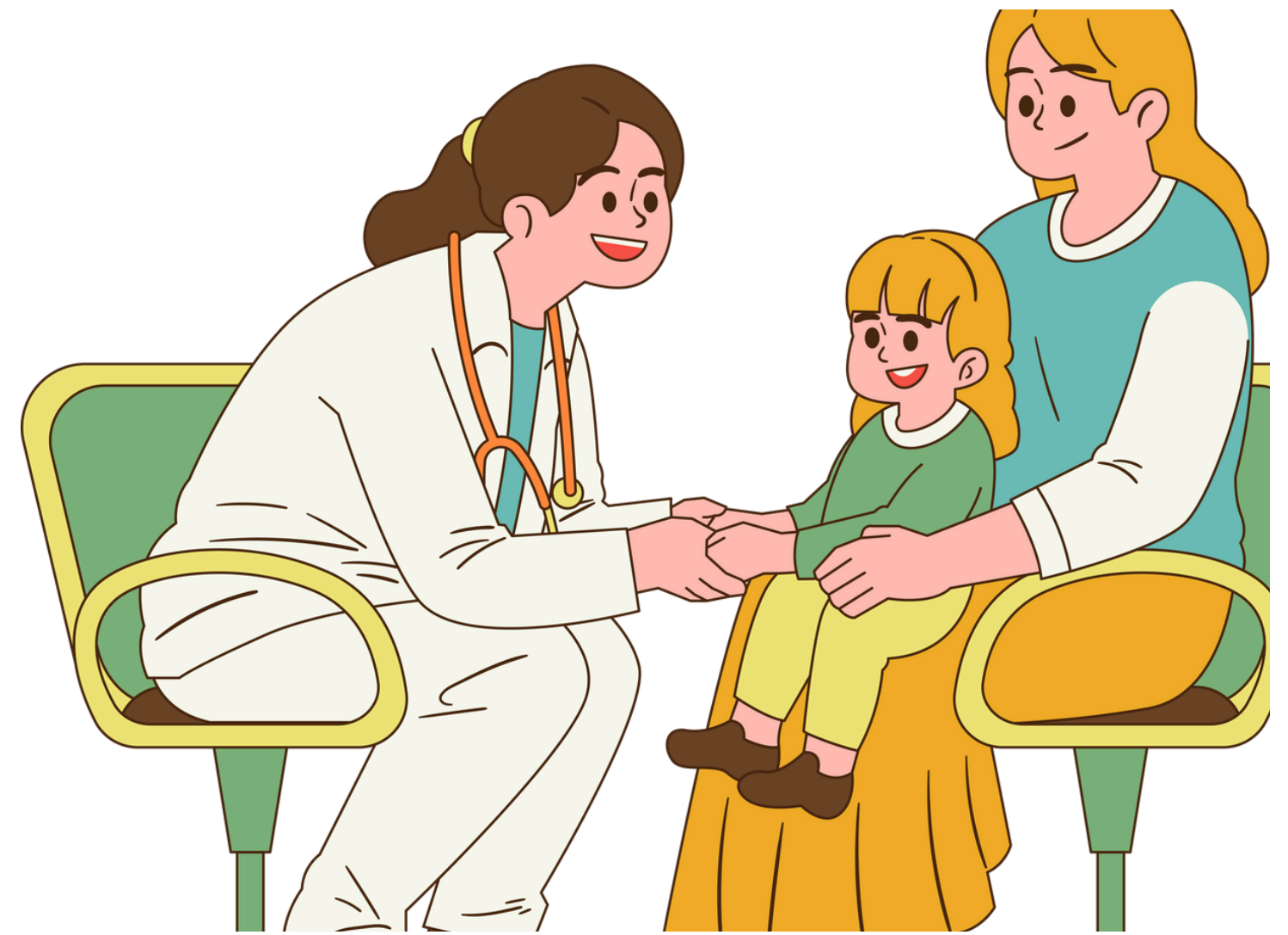
 **Myths and Controversy**

 **Brain Development**



Neurotransmitter imbalances like
Serotonin and Dopamine

Diagnosis and Assessment



Early Signs of Autism



Diagnostic Criteria (DSM-5)



Screening Tools and Assessments

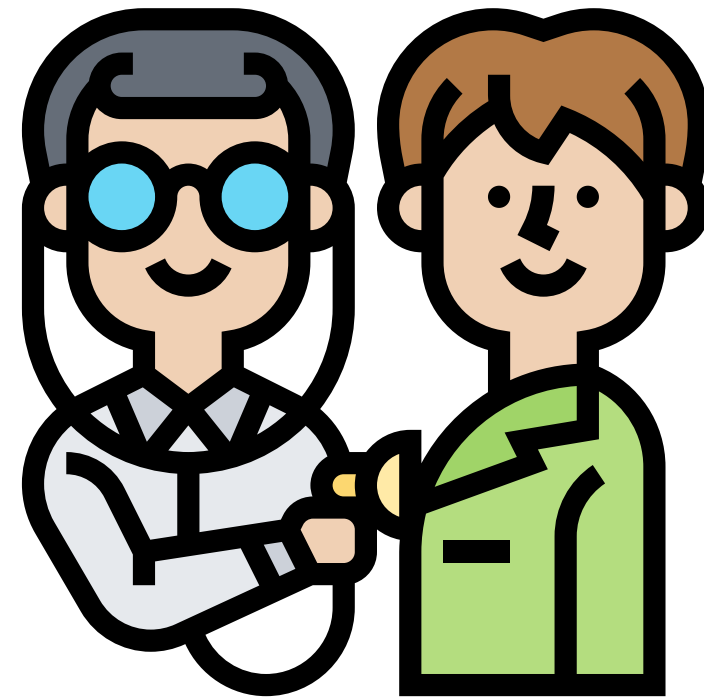


Role of Healthcare Professionals

Early Signs of Autism

- **Delayed speech**
- **lack of eye contact**
- **Not responding to their name**

Diagnosis and Assessment



Diagnostic Criteria (DSM-5)

- DSM-5 also categorizes ASD by severity levels (1, 2, 3)
- Social-emotional reciprocity, Challenges in nonverbal communication
- Problems with developing, maintaining, and understanding relationships



Early Signs of Autism



Diagnostic Criteria (DSM-5)



Screening Tools and Assessments



Role of Healthcare Professionals



Diagnosis and Assessment



Early Signs of Autism



Diagnostic Criteria (DSM-5)



Screening Tools and Assessments

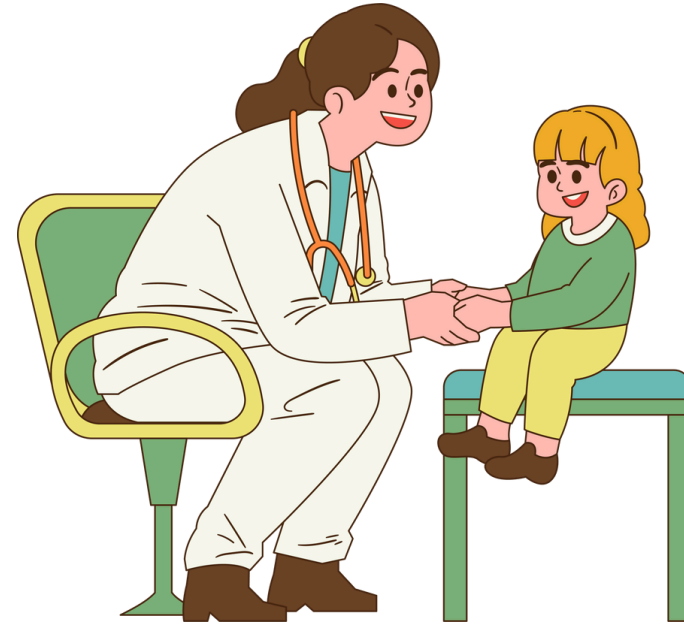


Role of Healthcare Professionals

Diagnostic Criteria (DSM-5)

- **Stereotyped or repetitive movements**
- **Rigid routines, Abnormal in intensity or focus**
- **Hyper- or hypo-reactivity to sensory input Symptoms must be present in the early developmental period**
- **Symptoms cause significant impairment in social, occupational**

Diagnosis and Assessment



Screening Tools and Assessments

Modified Checklist for Autism in Toddlers (M-CHAT)

A questionnaire for parents that screen children aged 16-30 months for early signs of autism, focusing on communication, social behavior, and play.

Autism Diagnostic Observation Schedule (ADOS)

A standardized assessment conducted by a professional that evaluates communication, social interaction, and play or imaginative use of materials.



Early Signs of Autism



Diagnostic Criteria (DSM-5)



Screening Tools and Assessments



Role of Healthcare Professionals

Diagnosis and Assessment



Screening Tools and Assessments

Autism Diagnostic Interview-Revised (ADI-R)

An interview with parents, about autism-related behavior, including language, social development, and repetitive behaviors.

Social Communication Questionnaire (SCQ):

A screening tool for children over 4 years old that evaluates social interaction, communication, and repetitive behaviors.

Childhood Autism Rating Scale (CARS)

A rating scale clinicians use to assess the severity of autism symptoms in children.

 Early Signs of Autism

 Diagnostic Criteria (DSM-5)

 **Screening Tools and Assessments**

 Role of Healthcare Professionals

Diagnosis and Assessment



Role of Healthcare Professionals

Early screening and detection

Pediatricians and primary care doctors can use screening tools to identify early signs of autism

Developmental pediatricians, child psychologists, and neurologists conduct assessments to diagnose Autism Spectrum Disorder (ASD)



Early Signs of Autism



Diagnostic Criteria (DSM-5)



Screening Tools and Assessments



Role of Healthcare Professionals

Diagnosis and Assessment



Role of Healthcare Professionals

Intervention and therapy

Therapists provide targeted therapies to improve communication, social skills, and daily functioning.

Family support and education

Healthcare professionals guide families on how to manage autism and access resources.



Early Signs of Autism



Diagnostic Criteria (DSM-5)









Screening Tools and Assessments



Role of Healthcare Professionals



Treatment

-  **Early intervention**
-  **Therapies**
-  **Medical Management**
-  **MeRT**
-  **Education and Schooling**
-  **Nutrition and Supplements**



Early intervention

Early intervention of autistic children raises the percentage of improvement in communication and language development it is categorized into three levels.

1. Children speak or walk late
2. Enroll your child in School.
3. Developmental Pediatrician

Treatment

- Rx **Early intervention**
- Rx **Therapies**
- Rx **Medical Management**
- Rx **MeRT**
- Rx **Education and Schooling**
- Rx **Nutrition and Supplements**



Early intervention

Children speak or walk late

Our elders and relatives tell us not to worry, sharing stories like “your father also spoke late,” which makes us feel better. But this can stop us from taking action. It’s important to get help early for our child’s development and to consider the environmental and lifestyle factors that may impact their progress.



- Rx** Early intervention
- Rx** Therapies
- Rx** Medical Management
- Rx** MeRT
- Rx** Education and Schooling
- Rx** Nutrition and Supplements



Early intervention

Enroll your child in School.

Early intervention doesn't mean you have to enroll your child in school right away. Children don't always develop at the same pace. For instance, one of your children might have spoken and walked early, while another might take longer. If your child is having difficulty, they need extra care and attention.



- Rx** Early intervention
- Rx** Therapies
- Rx** Medical Management
- Rx** MeRT
- Rx** Education and Schooling
- Rx** Nutrition and Supplements



Early intervention

Developmental Pediatrician

It's important to get your child into an early intervention program as soon as possible. You can start by having them assessed by a developmental pediatrician, who specializes in children's growth. They will check your child's physical, mental, and language development and give you a plan to follow, including home exercises.



- Rx** Early intervention
- Rx** **Therapies**
- Rx** Medical Management
- Rx** MeRT
- Rx** Education and Schooling
- Rx** Nutrition and Supplements



Therapies

Applied Behavior Analysis (ABA)

Speech and Language Therapy

Occupational Therapy (OT)

Sensory Integration Therapy

Social Skills Training

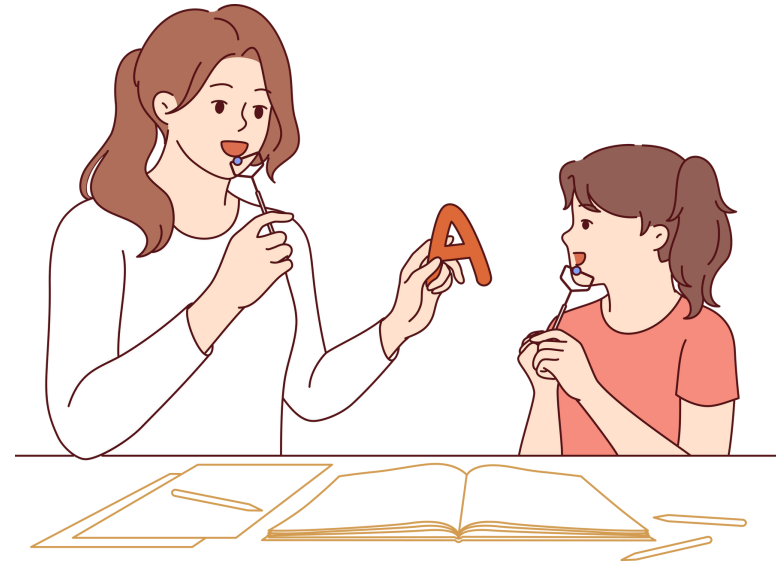
Music therapy

Art therapy



Treatment

- Rx Early intervention
- Rx **Therapies**
- Rx Medical Management
- Rx MeRT
- Rx Education and Schooling
- Rx Nutrition and Supplements



Therapies







Applied Behavior Analysis (ABA)

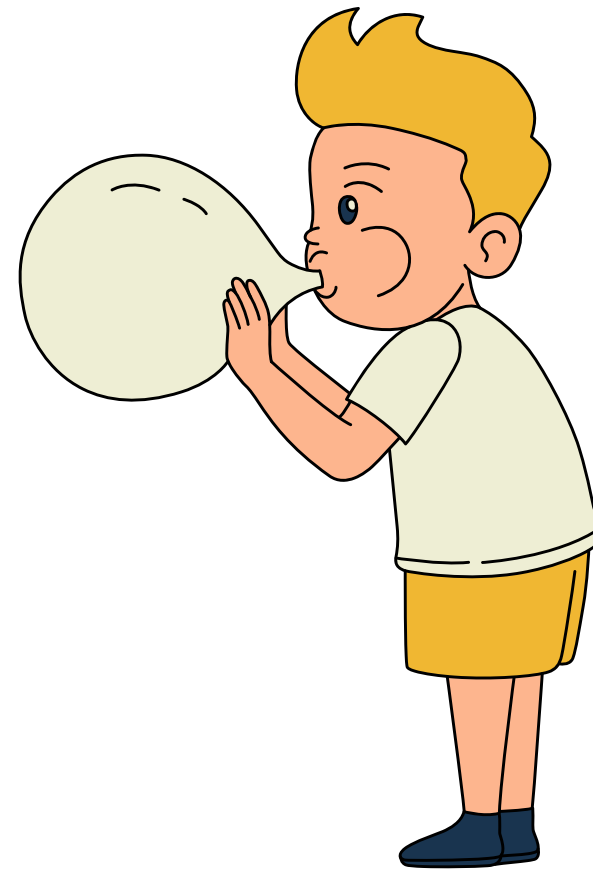
ABA is considered one of the most effective treatments for autism. It helps improve skills in communication, social interaction, and daily living. The therapy can be intensive, often involving several hours of intervention per week.



Treatment



-  Early intervention
-  **Therapies**
-  Medical Management
-  MeRT
-  Education and Schooling
-  Nutrition and Supplements



Therapies

Speech and Language Therapy

It can improve the ability to express needs, understand social cues, and engage in conversations. For nonverbal individuals, the focus may be on augmentative and alternative communication (AAC) strategies.

Treatment

- Rx Early intervention
- Rx **Therapies**
- Rx Medical Management
- Rx MeRT
- Rx Education and Schooling
- Rx Nutrition and Supplements



Therapies

Speech and Language Therapy

- Blowing is the first step to initiating speech therapy
- In which children learn how to blow, suck, and use of vibrator brush daily for the strengthening of oral motor muscles
- Use of Speech Gears for speech development



- Rx** Early intervention
- Rx** **Therapies**
- Rx** Medical Management
- Rx** MeRT
- Rx** Education and Schooling
- Rx** Nutrition and Supplements



Therapies

Occupational Therapy (OT)

It helps improve functional independence by teaching adaptive techniques and coping strategies for managing sensory sensitivities and motor coordination like gross motor skills, fine motor skills, and oral motor problems.

Treatment

- Rx Early intervention
- Rx **Therapies**
- Rx Medical Management
- Rx MeRT
- Rx Education and Schooling
- Rx Nutrition and Supplements



Therapies

Occupational Therapy (OT)

Fine motor skills

- opening a lunch box
- brushing teeth/using utensils
- drawing/writing/coloring
- cutting/pasting
- muscle tone and strength



Visual-motor skills

- Reading/Writing
- completing puzzles/math problems
- Dressing/coordination
- Sensory processing
- Taste/smell/sight/touch/hearing



Treatment



-  Early intervention
-  **Therapies**
-  Medical Management
-  MeRT
-  Education and Schooling
-  Nutrition and Supplements

Therapies

Occupational Therapy (OT)

Self-care skills







Feeding ourselves
using the toilet
dressing/undressing
Handwashing/Bathing/Grooming

Gross motor skills

Bilateral coordination tasks
Crossing mid-line/range of motion
muscle tone and strength
stability/posture



Treatment

-  Early intervention
-  **Therapies**
-  Medical Management
-  MeRT
-  Education and Schooling
-  Nutrition and Supplements



Therapies

Sensory Integration Therapy

Involves activities that help the brain process sensory information more effectively, such as swinging, deep-pressure touch, or playing with textured objects.

Can reduce meltdowns and improve focus, coordination, and participation in daily activities.



Treatment

- Rx Early intervention
- Rx **Therapies**
- Rx Medical Management
- Rx MeRT
- Rx Education and Schooling
- Rx Nutrition and Supplements



Therapies




Sensory Integration Therapy

- Use of tunnel of focus and attention
- Use of blankets and roll the children tightly to reduce the hyperactivity
- To reduce hyperactivity trampolines, slides, rope climbing ladders etc were used



Treatment



-  Early intervention
-  **Therapies**
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-  Nutrition and Supplements



Therapies

Social Skills Training

Such training can enhance social relationships, increase self-confidence, and reduce social anxiety by providing real-life practice and role-playing scenarios.

Work on how to initiate communication like hello, how are you, a basic sentence that is necessary to initiate and finish the communication



- Ⓡ Early intervention
- Ⓡ **Therapies**
- Ⓡ Medical Management
- Ⓡ MeRT
- Ⓡ Education and Schooling
- Ⓡ Nutrition and Supplements



Therapies

Music therapy

Uses music to promote emotional expression, social interaction, and communication. It can involve singing, playing instruments, or listening to music.

Helps improve mood, reduces anxiety, and enhances social and language skills by engaging multiple areas of the brain.



- Ⓡ Early intervention
- Ⓡ **Therapies**
- Ⓡ Medical Management
- Ⓡ MeRT
- Ⓡ Education and Schooling
- Ⓡ Nutrition and Supplements



Therapies

Art therapy

Encourages self-expression through creative activities like drawing, painting, or sculpting. It can be particularly beneficial for individuals who struggle with verbal communication.



Treatment

- Ⓡ Early intervention
- Ⓡ Therapies
- Ⓡ **Medical Management**
- Ⓡ MeRT
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- Ⓡ Nutrition and Supplements



Medical Management

the FDA-approved medications specifically for autism-related irritability are **Risperidone and Aripiprazole** other medications are sometimes used "**off-label**" to address various symptoms associated with Autism Spectrum Disorder (ASD), although they are not FDA-approved specifically for autism



Treatment

- **Rx** Early intervention
- **Rx** Therapies
- **Rx** **Medical Management**
- **Rx** MeRT
- **Rx** Education and Schooling
- **Rx** Nutrition and Supplements



Medical Management

FDA approved medicine for Autism

- Risperidone
- Aripiprazole

Off-label medicine for Autism

- Selective Serotonin Reuptake Inhibitors (SSRIs)
- Stimulants
- Alpha-2 Adrenergic Agonists
- Anticonvulsants (Mood Stabilizers)



- Rx** Early intervention
- Rx** Therapies
- Rx** **Medical Management**
- Rx** MeRT
- Rx** Education and Schooling
- Rx** Nutrition and Supplements



Medical Management







FDA approved medicine for Autism

Risperidone

- **Approved for treating irritability associated with Autism Spectrum Disorder (ASD) in children and adolescents aged 5-16 years.**
Helps reduce aggression, self-injurious behavior, and severe tantrums
- **It is an atypical antipsychotic that works by altering the activity of certain neurotransmitters in the brain, such as dopamine and serotonin.**



Treatment

-  Early intervention
-  Therapies
-  **Medical Management**
-  MeRT
-  Education and Schooling
-  Nutrition and Supplements



Medical Management

FDA approved medicine for Autism

Aripiprazole

Approved for treating irritability associated with ASD in children and adolescents aged 6-17 years. Reducing symptoms like aggression, temper outbursts, and mood swings. Another atypical antipsychotic, it helps balance neurotransmitter activity, especially dopamine and serotonin.



- Rx** Early intervention
- Rx** Therapies
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- Rx** Nutrition and Supplements



Medical Management

Off-label medicine for Autism

Selective Serotonin Reuptake Inhibitors (SSRIs)

- Used to manage anxiety, depression, or obsessive-compulsive behaviors, which can co-occur with autism.
- Examples: Fluoxetine (Prozac) and Sertraline (Zoloft).
- Works by increasing serotonin levels in the brain, which can help stabilize mood and reduce anxiety.



- Ⓡ Early intervention
- Ⓡ Therapies
- Ⓡ **Medical Management**
- Ⓡ MeRT
- Ⓡ Education and Schooling
- Ⓡ Nutrition and Supplements



Medical Management

Off-label medicine for Autism

Stimulants

- Often used to address attention-deficit/hyperactivity disorder (ADHD) symptoms in autistic individuals.
- Examples: Methylphenidate (Ritalin, Concerta).
- Helps improve attention, focus, and impulse control.



- Ⓡ Early intervention
- Ⓡ Therapies
- Ⓡ **Medical Management**
- Ⓡ MeRT
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Medical Management

Off-label medicine for Autism

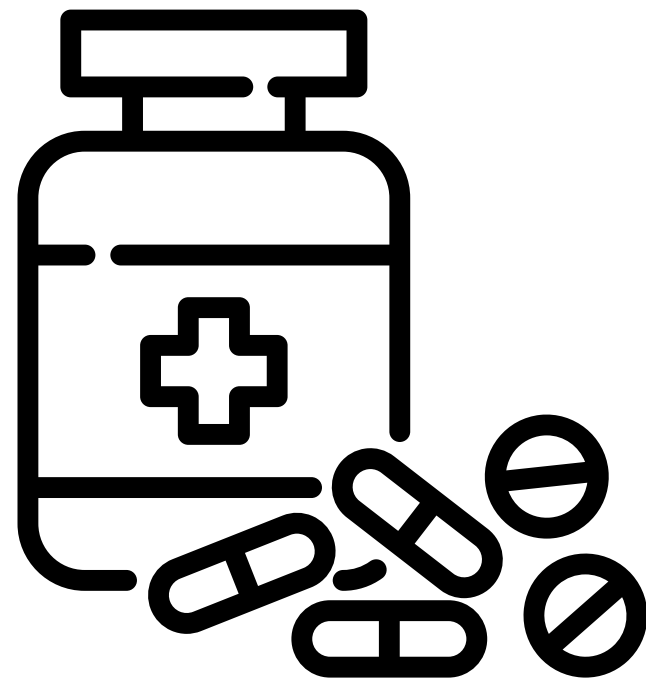
Alpha-2 Adrenergic Agonists



- Used to manage hyperactivity, impulsivity, and aggression.
- Examples: Clonidine (Catapres), Guanfacine (Intuniv).
- May help reduce symptoms of ADHD and anxiety.



- **Rx** Early intervention
- **Rx** Therapies
- **Rx** **Medical Management**
- **Rx** MeRT
- **Rx** Education and Schooling
- **Rx** Nutrition and Supplements



Medical Management

Off-label medicine for Autism

Anticonvulsants (Mood Stabilizers)

- **Sometimes used to manage mood swings or seizures, as some autistic individuals may experience epilepsy**
- **Examples: Valproic acid (Depakote), Lamotrigine (Lamictal).**



Treatment

- Rx Early intervention
- Rx Therapies
- Rx Medical Management
- Rx **MeRT**
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- Rx Nutrition and Supplements



MeRT







MeRT is a Magnetic e-resonance Therapy (MeRT) that is based on traditional Transcranial Magnetic Stimulation (TMS). MeRT is a modified form of TMS.

Those performing this procedure target those areas that are underactive or overactive. The therapy aims to restore the balance of brain functions, it may result in a notable improvement in the behavior, social, and communication of your Autistic child.



MeRT

In the MeRT procedure, magnetic pulses are mainly used for the stimulation of specific areas of the brain.

-  Early intervention
-  Therapies
-  Medical Management
-  **MeRT**
-  Education and Schooling
-  Nutrition and Supplements

Procedure for MeRT

The Brain Mapping Process

- **Preparation**
The child or patient is comfortably seated while a cap with electrodes is placed on their scalp. This cap is connected to the qEEG machine.
- **Recording**
The qEEG records electrical activity from various regions of the brain, capturing brainwave patterns in real-time for around 30 minutes.
- **Data collection**
The recorded brainwave data is collected and stored for analysis. This data includes different frequency bands such as Delta, Theta, Alpha, Beta, and Gamma waves.

Analyzing the qEEG Data

- **Pattern Identification**
Neuroscientists and clinicians analyze the qEEG data to identify specific brainwave patterns associated with ASD symptoms.
- **Dysregulation Detection**
The analysis helps detect areas of neural dysregulation, where brainwave activity is either underactive or overactive compared to typical patterns.
- **Brain Heart Relation**
The qEEG data is also combined with Electrocardiogram (ECG) readings to assess brain-heart coherence, which can influence overall brain function and emotional regulation.

Creating a Personalized Treatment Plan

- **Customized protocol**
Based on the qEEG analysis, a personalized MeRT treatment protocol is developed. This protocol includes the list of area of the brain which needs stimulation
- **Targeted stimulation**
The treatment plan targets the identified areas of dysregulation with precisely calibrated magnetic pulses, aiming to restore optimal brain function.
- **Adaptive adjustments**
The treatment plan is dynamic, allowing for adjustments based on the patient's progress and response to therapy.



Education and Schooling

Inclusion vs. Special Education Classrooms

Rx Early intervention

Rx Therapies

Rx Medical Management

Rx MeRT

Rx **Education and Schooling**

Rx Nutrition and Supplements



Teaching Strategies for Autism

Autistic Students and Bullying

Collaboration with Parents



- Rx** Early intervention
- Rx** Therapies
- Rx** Medical Management
- Rx** MeRT
- Rx** **Education and Schooling**
- Rx** Nutrition and Supplements



Education and Schooling

Inclusion Classrooms

Promotes social skills by allowing autistic students to engage with a diverse group of peers.

Special Education Classrooms

Designed specifically for students with special needs, with a lower student-to-teacher ratio and specialized instruction.



- Rx Early intervention
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- Rx Nutrition and Supplements



Education and Schooling

Teaching Strategies for Autism

- Use visual skills, charts, and icons to aid understanding and follow routines.
- Personalized learning plans
- Break tasks into smaller steps
- With visual aids like flashcards, picture boards, or diagrams.
- Short, personalized stories that describe social situations to teach appropriate responses and behaviors.

Treatment

- Rx Early intervention
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- Rx Nutrition and Supplements









Education and Schooling

Teaching Strategies for Autism

- Reward good behavior and achievements
- Reduce sensory overload
- Provide sensory tools
- Role-playing and modeling
- Facilitate small group work to encourage interaction
- Use tools like speech-generating devices
- Allow for rest between activities to help students stay focused



Treatment

-  Early intervention
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-  **Education and Schooling**
-  Nutrition and Supplements



Education and Schooling

Autistic Students and Bullying

Autistic students are more vulnerable to bullying due to differences in social communication, behavior, and sensory processing.

- **Bullying can lead to increased anxiety, depression**
- **bullying may cause difficulty concentrating**
- **Bullying can trigger meltdowns, withdrawal, increase in behaviors.**



- Rx** Early intervention
- Rx** Therapies
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- Rx** Nutrition and Supplements



Education and Schooling

Autistic Students and Bullying

Verbal bullying

Name-calling, mocking making negative comments about behaviors.

Social exclusion

Intentionally leaving autistic students out of group activities or isolating them.

Physical bullying

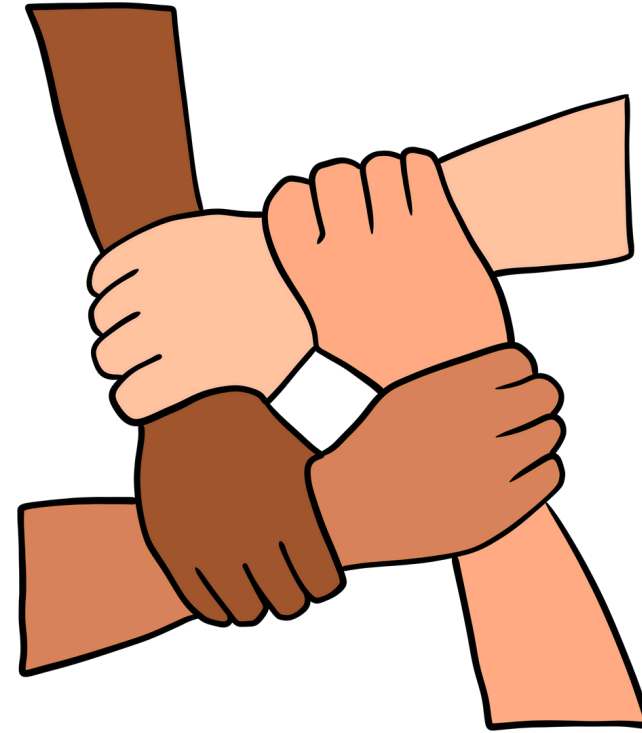
Hitting, pushing, or other forms of physical aggression.

Cyberbullying

Harassment through social media, messaging apps, or online platforms.



- Rx** Early intervention
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- Rx** **Education and Schooling**
- Rx** Nutrition and Supplements



Education and Schooling

Collaboration with Parents

Monitor for signs of bullying

Educators and parents should look out for changes in behavior that may indicate a child is being bullied.

Encourage open communication

Foster an environment where autistic students feel comfortable reporting bullying incidents.

Collaborate to create a safety plan

Work together to develop strategies that protect the student and address bullying issues.



Rx Early intervention

Rx Therapies

Rx Medical Management

Rx MeRT

Rx **Education and Schooling**

Rx Nutrition and Supplements



Education and Schooling

Collaboration with Parents

- Parent involvement in IEP meetings
- Collaborate with parents to create a plan that reflects their child's unique needs and accommodates both academic and social goals.
- Offer workshops that teach skills for managing behaviors, supporting social skills, or using assistive technology.
- Discuss long-term planning, including life skills, vocational training, or post-secondary education.



- Rx** Early intervention
- Rx** Therapies
- Rx** Medical Management
- Rx** MeRT
- Rx** Education and Schooling
- Rx** **Nutrition and Supplements**



Nutrition and Supplements

Balanced Diet Importance

Nutrient deficiencies

Digestive issues

Nutritional Strategies

Common Supplements Used

Gluten-Free and Casein-Free (GFCF) Diet



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Nutrition and Supplements







Balanced Diet Importance

A well-rounded diet supports general well-being, physical development, and energy levels.

Proper nutrition may help improve focus, reduce irritability, and enhance mood.



Treatment

-  Early intervention
-  Therapies
-  Medical Management
-  MeRT
-  Education and Schooling
-  **Nutrition and Supplements**



Nutrition and Supplements







Nutrient deficiencies

Selective diets may lead to deficiencies in essential nutrients like vitamins, minerals, or protein.

Autistic individuals have food aversions due to sensory sensitivities (e.g., texture, taste, smell).



Treatment

-  Early intervention
-  Therapies
-  Medical Management
-  MeRT
-  Education and Schooling
-  **Nutrition and Supplements**









Nutrition and Supplements

Digestive issues

- **Some autistic individuals experience gastrointestinal problems such as constipation or food intolerance.**
- **Most autistic individuals showed food intolerance with Gluten and Casein most parents prefer the GFCF diet for their autistic child.**



Treatment

-  Early intervention
-  Therapies
-  Medical Management
-  MeRT
-  Education and Schooling
-  **Nutrition and Supplements**



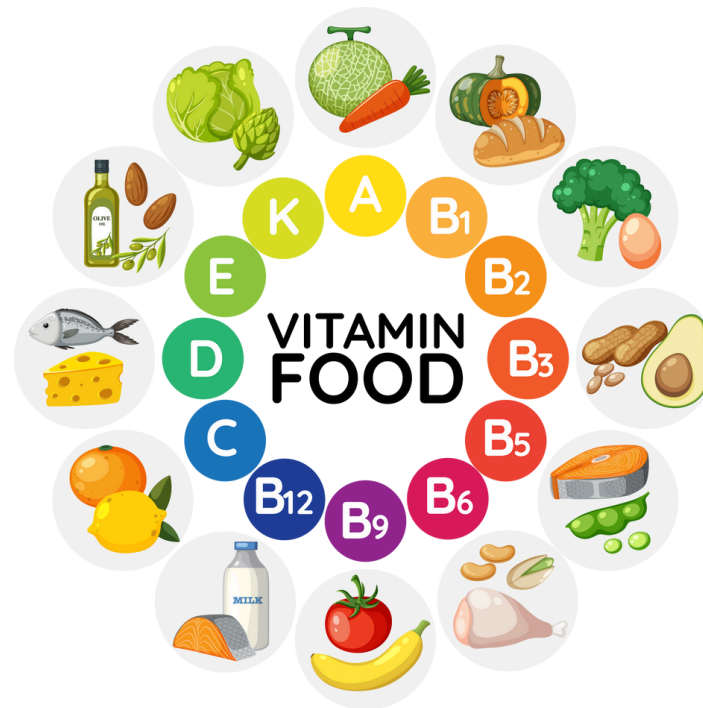
Nutrition and Supplements

Nutritional Strategies

- Introduce new foods gradually
- Prepare foods in ways that are more acceptable (e.g., pureed, blended, or seasoned differently).
- Keep a food diary to monitor dietary habits and identify potential deficiencies.



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Nutrition and Supplements

Common Supplements Used

Omega-3 fatty acids

Believed to support brain health and may help with hyperactivity or attention issues.

Vitamin D

Essential for bone health and may help with mood regulation.

Vitamin B6 and magnesium







used to address behavioral symptoms

Probiotics

Improve gut health, especially for those with gastrointestinal issues.



Treatment

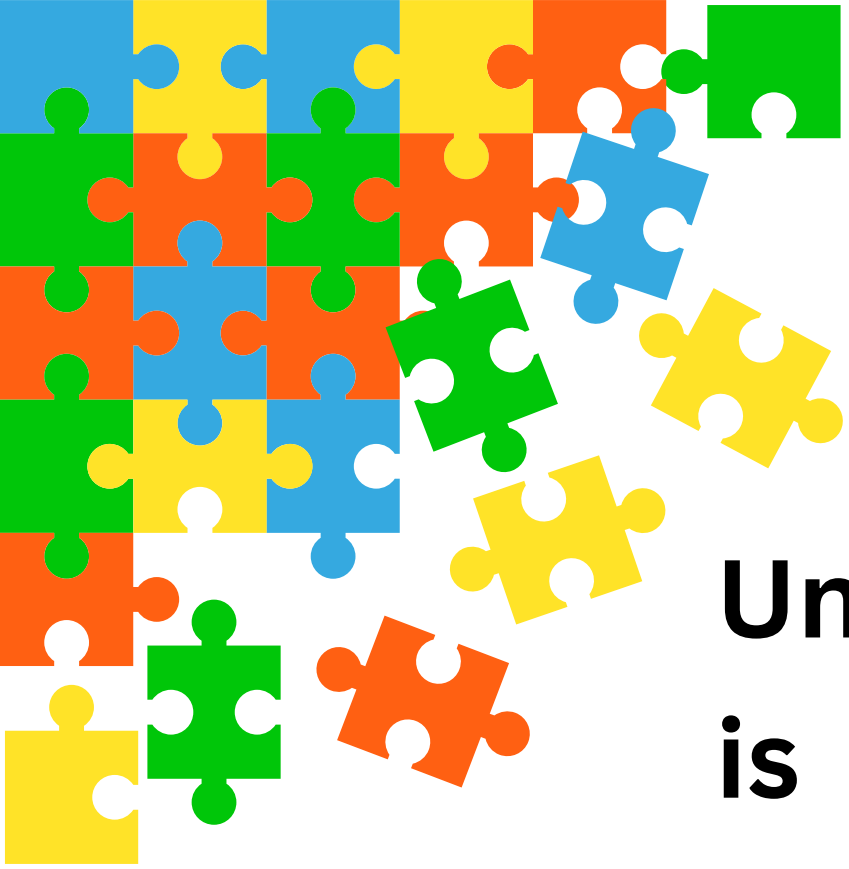
-  Early intervention
-  Therapies
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Nutrition and Supplements

Gluten-Free and Casein-Free (GFCF) Diet

- **Some families choose GFCF diets to reduce digestive problems or behavioral symptoms**
- **The effectiveness varies, Autistic individuals see benefits while others do not**



Conclusion

Understanding its history, causes, and characteristics is essential for fostering acceptance and inclusion. With rising prevalence, awareness efforts, and early diagnosis have become crucial in supporting those on the autism spectrum. Effective interventions, supportive learning environments, and strong collaboration with families can significantly improve the quality of life for autistic individuals.



SPEAK WITH AUTISM



**A Journey of
Love and Acceptance**

