

Autism: Autism treatment a functional neurologic approach.

Is there one problem spot that can explain all the symptoms in ADHD and Autism Spectrum Disorders? In neurology the doctor always wants to localize the lesion (where is the problem.) This can be longitudinally (up or down) or laterally (side to side). Most of these children have sensory motor issues. That is, most have difficulty with proximal muscles (posture and coordination). Most have either an increase or decrease in sensation (touch, sound, smell, taste, light). The doctor's must work from the outside in. Is the problem in the receptors, peripheral nerve, spinal cord, brainstem, cerebellum, basal ganglia, thalamus, or cortex? Studies show areas such as the cortex, basal ganglia, cerebellum and amygdala are typically involved. In these conditions we must determine if it is a right sided or left sided brain problem. The brain usually has specialized functions in the right and left hemisphere. Typically Autism Spectrum Disorder kids have a right brain deficiency.

“Let's look at functions associated with the right hemisphere”.

NORMAL FUNCTIONS:

- Right Hemisphere
- Nonverbal communication, math, reasoning, reading comprehension, spatial, attention
- Control impulsive behavior, feeling your own body, proprioception
- Seeing the big picture (Global Coherence)
- Facial recognition
- Social skills
- Withdrawal behavior, stuck in any activity, may also control fear and anxiety
- Immune suppression
- Low frequency sound and light
- Gross motor, eyes, posture, big muscles rhythm

“Now let's look at symptoms associated with a deficient right hemisphere”.

RIGHT HEMISPHERE UNDER ACTIVATION CAN CAUSE:

- Poor spatial orientation
- Inappropriate social behavior
- Miss the big picture
- Can not reflect on own mental processes
- Poor nonverbal communication skills
- Poor attention
- Impulsivity
- Perseverative behavior and movements
- Poor reading comprehension and pragmatic skills
- Over active immune response (autoimmunity)
- Poor gross motor skills and development
- Poor math reasoning
- Anxiety

Things such as delayed speech can be a right or left hemisphere problem. Specificity is always the key. Even if it is a right cortex problem we need to determine if it is in the parietal lobe, temporal lobe etc. of the brain. Is there a dorsal or ventral stream problem? We can not just play the odds of a right brain or

cerebellum issue because just as we can stimulate the correct area we can stimulate the incorrect area and worsen or inhibit the area we want to stimulate. Again specificity is the key. The best part of this approach is that it is drugless. Therefore you don't have to deal with the side effects. The most common drugs prescribed for these conditions are methylphenidate. Let's look at the side effects according to Drugs.com

SIDE EFFECTS OF METHYLPHENIDATE:

- Fast, pounding, or uneven heartbeats
- Feeling like you might pass out
- Fever, sore throat, headache with a severe blistering, peeling, and red skin rash
- Aggression, restlessness, hallucinations, unusual behavior, or motor tics (muscle twitches)
- Easy bruising, purple spots on your skin
- Dangerously high blood pressure (severe headache, blurred vision, buzzing in your ears, anxiety, confusion, chest pain, shortness of breath, uneven heartbeats, seizure)
- Less serious Concerta side effects may include:
- Stomach pain, nausea, vomiting, loss of appetite
- Vision problems
- Swearing, mild skin rash
- Dizziness
- Nervous feeling, sleep problems (insomnia)
- Weight loss

This is not a complete list of side effects and others may occur. Tell your doctor about any unusual or bothersome side effects.

Our approach looks to balance brain activity so you can return to your pediatrician and reduce or eliminate these medications when appropriate.

Dr. Mane offers one on one consultations as well as Group Seminars for parents and children who suffer from Autism Spectrum Disorders. If you are interested in scheduling a consultation or to attend a seminar please call 813-935-4744.

For more information about Dr. Nelson Mane, D.C. and his treatment approach for ASD go to <http://www.manecenter.com/ADHD.htm>.