



Autism Spectrum Disorders (ASD)

What is Autism?

Autism is a disability affecting bio-neurological development that presents before age 3. It influences the parts of the brain associated with social interaction, communication ability and cognitive function. Autism is described as a spectrum disorder (ASD) due to the variation of symptoms and disabilities.

Currently about 1 in 110 young children in the US are diagnosed with an ASD.

Autism is 4-5x more prevalent in males than females. There are no current findings to implicate higher prevalence due to race, ethnicity or socioeconomic status. The exact etiology is still unknown.

PEDS:
Pediatric
Education
Dietitian
Services

Special points of interest:

- ☉ What is autism?
- ☉ Prevalence
- ☉ Diagnosis criteria
- ☉ Treatment options
- ☉ Special programs and organizations in the St. Louis area

How is Autism Diagnosed?

Diagnosis is reached when 6 specified criteria are met, with at least 2 from group (A) and one from (B) and (C):

- (A) social interaction
 - (B) language as used in social communication
 - (C) symbolic or imaginative play
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Treatment Options

Autism does not influence life expectancy. There is currently no cure for autism, but there are several modalities in place for treatment.

Research supports that the earlier an intervention is made, the better the improvement in overall symptoms. There is no standard treatment for autism that is universally accepted.

Popular approaches include:

- ⇒ Biochemical
- ⇒ Neurosensory
- ⇒ Psycho-dynamic
- ⇒ Behavioral

Nutrition-Related Treatment for ASD

Food allergen avoidance, specialized food and nutrition supplements are all involved in this treatment approach due to the increased need for these modifications in children with ASD. PEDS offers a variety of services geared at this treatment modality for ASD children and their families.

Popular current topics include food acceptance, dietary restrictions, inadequate weight gain and excessive weight gain for age.

All children complete an initial assessment to help determine barriers and strategies to aid in proper growth and develop-

ment. Assessments are followed by subsequent visits with food-chaining practices, comprehensive, individualized nutrition education to parents and any other relevant topic.



Caption describing picture or graphic.

Programs in St. Louis

TouchPoint Services:
Services for all ages,
volunteer opportuni-
ties, special group
events and parent edu-
cation programs.

3601 Weber Road
St. Louis, MO 63125
[314.385.5373](tel:314.385.5373)

Missouri Families for
Effective Autism
Treatment (Mo-Feat):
Resource directory,
participation in advo-
cacy efforts, commu-
nity gatherings, sup-
port meetings for par-
ents and families.

2388 Schuetz Rd.
Suite A-49
St. Louis, MO 63146
[\(314\) 993-0806](tel:314.993.0806)

Giant Steps of St.
Louis: Specialized
school and summer
programs for
children with ASD.
7281 Sarah St. Maple-
wood, MO 63143
[\(314\)-932-1051](tel:314.932.1051)

Behavior
Intervention Services
Provides services for
those of all ages with

developmental disabili-
ties. Home and community
based programs available.

10176 Corporate Square
Dr.#220
Creve Coeur, MO 63132
314-395-9375

Gateway Autism Organi-
zation (GAO): Offers
parent training work-
shops and provides a
newsletter with informa-
tion and referral ser-
vices.

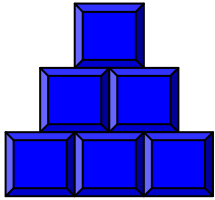
P.O. Box 29485
St. Louis, MO 63126
314-640-5227

Get Connected Online



- ⇒ www.autismspeaks.org/
- ⇒ www.touchpointautism.org
- ⇒ www.mofeat.org
- ⇒ [www.giantsteps-
stlouis.org/](http://www.giantsteps-stlouis.org/)
- ⇒ www.autism-society.org/

- ⇒ www.autism.com/ari
- ⇒ www.naar.org
- ⇒ www.autism.org
- ⇒ [www.cureautismnow.
org](http://www.cureautismnow.org)



Pediatric Education Dietitian Services

“Nutrition for Kids”



16216 Baxter Rd # 230,
Chesterfield, MO
(636) 227-7337

Services Provided:

- Nutrition Assessment
- Computerized Nutrition Analysis
- Community Outreach
- Early Intervention Services
- Office-based services
- Community networking
- Continued Communications with Primary Pediatricians
- Individualized nutrition plans
- On-going nutrition education

Fast Facts on ASD

- Autism prevalence is growing
- More children will be diagnosed with autism this year than with AIDS, diabetes and cancer combined
- Autism is the fastest-growing developmental disability in the U.S.
- Autism costs the nation over \$35 billion per year, a figure expected to significantly increase in the next decade
- Autism receives less than 5% of the research funding of many less prevalent childhood diseases

