



ABOARD
Presents

Integrative
Biomedical
Treatment
Options
FOR CHILDREN AND
ADULTS WITH
AUTISM SPECTRUM
DISORDERS



9:00 a.m. - 3:00 p.m.
Holiday Inn
Pittsburgh Airport
Saturday, March 19, 2011

Featuring:

Gut Biology, Pathology, and Treatment Strategies in Patients With Autism Spectrum Disorders

Anju Usman, MD

Autism and the Autonomic Nervous System

Anju Usman, MD

Raising a Healthy Child in a Toxic World

Suruchi Chandra, MD

Gut Biology, Pathology, and Treatment Strategies in Patients With Autism Spectrum Disorders
Anju Usman, MD

Patients diagnosed with autism have co-morbid medical conditions including gastrointestinal dysfunction. The most common issues that present are malabsorption, maldigestion, motility disorders, dysbiosis, and allergy/inflammation. This lecture will discuss gastrointestinal pathology, histology and treatment strategies for individuals on the autism spectrum as well as focus on the gut-brain-immune connection as it relates to autoimmunity and potentially PANDAS.

Autism and the Autonomic Nervous System

Anju Usman, MD

Patients with autism are in a state of chronic stress. This stress causes a particular arm of the autonomic nervous system to be turned on or activated. When chronically turned on the sympathetic nervous system can cause symptoms such as hyperactivity, anxiety, attention and focus difficulties. A chronic fight or flight response to stress can also lead to medical issues such as impaired gastrointestinal motility, immune dysregulation, and hormonal imbalances. These issues can be identified and addressed with proper testing, good nutrition, targeted nutraceuticals, and adaptogenic herbs.

Raising a Healthy Child in a Toxic World

Suruchi Chandra, MD

With the rise of environmental toxins, there has been an increased incidence of children experiencing health challenges such as allergies, digestive problems, difficulty focusing and delayed development. We will begin with a brief overview of the scientific literature of the effects of various toxins on health, including BPA, phthalates, flame retardants and toxins in our food supply. Then, tools and strategies will be presented to help you to eat well and create a healthy home that will allow your child and entire family to achieve true health. Finally, we will look at ways to help support the body's detoxification systems in eliminating the everyday toxins that we are all exposed to.

Learning Objectives

Attendees will:

- Learn about GI pathology, histology and treatment strategies
- Learn about the gut-brain connection, autoimmunity and relation to PANDAS and treatment strategies
- Learn about the affects of chronic stress and the sympathetic nervous system which involve impaired GI motility, immune and hormonal imbalances and treatment strategies.
- Learn about effects of various toxins on health and strategies for a healthier diet and home
- Learn how to support the body's' detox system and eliminate toxins.

PROGRAM

8:00 a.m. Registration
9:00 a.m. Conference Opening
9:10 a.m. Dr. Anju Usman
10:15 a.m. Break & Exhibits
10:30 a.m. Dr. Anju USman
11:30 a.m. Lunch & Exhibits
12:30 p.m. Dr. Suruchi Chandra
1:30 p.m. Break & Exhibits
1:45 p.m. Dr. Suruch Chandra
3:00 p.m. Evaluation & Closure

Continuing Education Credits

AOTA OCCUPATIONAL THERAPY

The Advisory Board on Autism and Related Disorders (ABOARD) is an Approved Provider of the American Occupational Therapy Association (AOTA.) A maximum of 0.45 credits (4.5 contact hours) will be awarded upon successful completion of the conference. The assignment of AOTA CEUs does not imply endorsement of Specific course content, products, or clinical procedures by AOTA.

PA EDUCATORS ACT 48

The Allegheny Intermediate Unit is recognized by the PA Department of Education to offer continuing education credits ACT 48 under guidelines. A maximum of 4.5 hours of PA EDUCATORS ACT 48 credits will be awarded for the completion of the seminar. A certificate of attendance is provided as well.

SOCIAL WORKERS

For social workers, 45 credit hours of continuing education are provided for the completion of the seminar through cosponsorship of the University of Pittsburgh School of Social Work, a Pennsylvania-approved sponsor of social work continuing education.

ASHA

"This program is offered for .4 CEUs (Intermediate level; Related area.)"



Fill out the form below or [REGISTER Online Now](#)

REGISTRATION: Fees includes lunch, refreshments, and handouts.

Individual with Autism Spectrum Disorder	\$ 49_____
Family Member or Individual	\$ 89_____
Professional (including credits)	\$149_____
Total	\$ _____

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email (must be provided) _____

Organization _____

____ Check Enclosed (payable to ABOARD)

____ Credit Card _____ Mastercard _____ Visa (please check)

Card # _____

Exp. Date 3 Digit Id. _____

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