

Conference to Feature National Speakers Addressing BioMedical Options to Treat Autism

The Advisory Board on Autism and Related Disorders (ABOARD) will hold its Second Integrative Biomedical Treatment Options Program for Children and Adults with Autism Spectrum Disorders on Saturday, March 19, 2011. The conference will be held at the Holiday Inn Pittsburgh Airport, Coraopolis, PA.

The Biomedical Treatment Options Program will feature nationally renowned physicians and presenters, Dr. Anju Usman and Dr. Suruchi Chandra. Dr. Usman is the Director of True Health Medical Center in Naperville, IL, where she specializes in treating biochemical imbalances in children with ADD and Autism. Dr. Usman is a DAN (Defeat Autism Now) doctor who has researched copper/zinc imbalances, metallothionein dysfunction and promotion therapy. She received her degree from Indiana University, completed residency at Cook County Hospital, and is board certified in Family Practice.

Dr. Chandra has an undergraduate degree from Harvard and a medical degree from Yale University. After medical school, she completed a psychiatry residency at the Massachusetts General Hospital/McLean Hospital combined program at Harvard Medical School. She also has extensive training in integrative and holistic approaches. In addition, she has completed the Defeat Autism Now! Clinician training and attended numerous conferences regarding medical treatments for autism. Dr. Chandra works closely with Dr. Usman and the True Health Medical Staff to guide our families through the different biomedical interventions for autism and related disorders, mood disorders, and anxiety disorders. She helps families as a whole by treating siblings and parents of her patients as well.

The program will feature the following sessions:

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

Presented by 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

Presented by 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

Presented by 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.

Since being founded as a nonprofit 501(c)(3) in 1996, ABOARD has served thousands of Pennsylvania families confronted with the challenges of Autism Spectrum Disorder (ASD), as well as the professionals who work with them. The conference is being coordinated by ABOARD's parent support group, Biomed Buddies. The support group is for parents and caregivers of children and adults with autism. Biomed Buddies discuss biomedical options available in the treatment of autism.

For questions about the content of this program, contact Chrisoula Randas Perdziola at biomedbuddies@gmail.com, or call ABOARD at (800) 827-9385.