

Autism - Symptoms, Causes, Tests, Treatment

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COMMENTARY

The term "autism spectrum disorder" (ASD) refers to a set of neurodevelopmental diseases marked by difficulties with speech and social interaction. ASD affects people all over the world, regardless of race, culture, or economic status, and it affects males more than girls, with a male-to-female ratio of 4 to 1.

Symptoms usually appear between the age of 12 and 24 months in early childhood.

Problems with communication and social interaction include:

- Problems in communicating emotions, interests, or continuing a back-and-forth dialogue
- Problems with nonverbal communication, such as trouble establishing eye contact or reading body language

Restricted patterns of activities include:

- A pattern of recurrent gestures, motions, or utterances
- A change in sensitivity to specific sensory information from their environment, such as a negative reaction to a certain sound
- focused interests or preoccupations

CAUSES OF AUTISM

The exact cause of ASD is unknown. Suspected risk factors for autism include:

- Low birth weight
- Metabolic imbalances
- A history of viral infections
- Genetic mutations

Tests to diagnose autism

- DNA testing for genetic diseases
- Behavioral evaluation
- Occupational therapy screening

Treatment approach

- Behavioral therapy
- Play therapy
- Occupational therapy
- Physical therapy
- Speech therapy

Diet has an impact on autism

- Fresh fruits and vegetables
- Lean poultry
- Fish
- Unsaturated fats
- Lots of water

Autism affect kids

Children with autism will not attain developmental milestones as their peers, or they may show a loss of previously gained social or verbal skills. Autism can make it difficult for a youngster to interact with people, or it can make them despise it entirely. Children with autism may also exhibit repetitive behaviors, have trouble sleeping, or eat non-food objects excessively. Without a regulated setting or a constant schedule, they may struggle to thrive.

Autism affect adults

A little percentage of adults goes on to live or work on their own. Many individuals with ASD, require ongoing assistance throughout their lives. Early therapy can lead to greater independence and a higher quality of life.

AUTISM AND EXERCISE

Certain activities may help children with autism manage their frustrations and improve their general well-being. Any form of physical activity that your youngster enjoys is beneficial. Walking and simply having a good time on the playground are both excellent options. Swimming and being in the water can be used for exercise as well as sensory play. Sensory play activities

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can aid people with autism that has difficulty processing sensory inputs.

Outlook for people with autism

There are no cures for ASDs. The most effective treatment involves early interventions. The earlier a child gets enrolled, the better their outlook will be.

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CONFLICT OF INTEREST

The authors have declared that no competing interests exist.