

AUTISM - THE MYSTERY

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Autism is a neurodevelopmental disorder characterised by abnormal social interaction, communication ability, interest patterns, and behavior patterns. Autism is found to occur due to the vulnerability to environmental triggers displayed by the human genes. Seven major genes have been identified to be related to autism. One child in every thousand in the United States is found to suffer from this disorder.



Autism results from the abnormal biological and neurochemical development of the brain. Any treatment of the disorder must involve neurological evaluation. Autism is generally diagnosed on the basis of certain psychiatric criteria or physical tests. The symptoms of autism begin to appear before the age of three in a child. Autistic children exhibit delays in interacting with people through conversation or imaginative action.

There are a large number of cases where autistic children have improved their social skills and integrated into the normal world, attending school and taking part in social events. However, there is also the worry that autism is incurable. That's because autism is caused by certain aspects of the brain structure that's determined early in brain development. Only committed effort on the part of teachers and parents in training autistic children can help them to live normal lives.

Autism cure or, more effectively autism prevention, depends to some extent in an autism diet. Autism diet is generally a gluten-free, casein-free diet. Both gluten and casein are proteins. Gluten is found in wheat, rye, barley, and most oat products; casein is found in milk products. Some children cannot properly digest these proteins. When gluten and casein foods are consumed, these protein fractions get attached to the autistic child's opiate receptors in the brain. They then interfere with the developing brain of some children and cause autistic behaviors. This happens because these children lack the ability to break down proteins.

Autism walk is a committed effort by parents and volunteers to promote the cause of autism research and treatment. Various autism walks have been organized around the world with parents, children, volunteers, therapists, and group leaders taking part. It is a novel way to spread awareness of the disorder as increasing number of children are being affected by it. From 1970, where one in 10,000 children had autistic disorders, the number of children affected by autism in America has grown to one in 169. It is high time autism is taken seriously. An important step in that direction would be to educate parents in identifying autistic tendencies in the early stages of the child's growth.

The autism awareness bracelet is another means to promote autism research and awareness. Following in the lines of ace cyclist and cancer survivor Lance Armstrong's yellow cancer awareness bracelet and the pink breast cancer awareness bracelet, autism awareness bracelets are also now gaining popularity. The proceeds from the sale of these bracelets go for autism research and cure.

With so many methods and so much attention being given to autism, autism cure is bound to improve in the coming years. Hardwork and commitment on our part to this cause will certainly benefit the future generations.