

# CAN AUTISM BE PREVENTED?



**WRITTEN BY**

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# WHAT IS AUTISM?

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Autism is also commonly called an “**Autism Spectrum Disorder**” and it is related to developmental disability that is identified through a number of symptoms. The impact of autism affects social skills, communicative skills and behavior skills and this condition are called “spectrum” because the persons affected will have symptoms which vary in levels of severity.

Some people suffering from autism are able to live their life independently, attend work or school and they interact with people, whereas others need too much of support or caring and they are nonverbals and have extensive medical needs.

- Lack of eye contact
- Delayed speech or speechless
- Loss of verbal skills
- Less in interest
- Repetition of behaviors



**WHAT IS AUTISM?**

- Preferred to play alone or play with only a particular toy
- Sensory disinclination
- No response when called with the name
- Delayed communication skills or executive functioning abilities

Most of these symptoms can be identified in a child by the age of 2-3 years old. However, they may surface in childhood. According to the analysis, the Centers for Disease Control and Prevention (CDC) tell that 1 among 59 children are **diagnosed with an autism spectrum disorder**. The condition is more common in boys than in girls, and it can be seen in all races, ethnicities and social classes.

During the past, there was no “cure” for autism spectrum disorder and the symptoms are managed by taking care individual that helps in maintaining behavior skills, social and communication needs. Prescribed medications may be used to target symptoms of co-morbid disorders which commonly causes anxiety, obsessive-compulsive disorder, or in serious cases- Fragile, epilepsy.



**HOW TO PREVENT AUTISM?**

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# HOW TO PREVENT AUTISM?

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Doctors don't know exactly what caused autism, but they believe in genetic history which is the biggest possibility.

Doctors, in rare situations, might also say that the baby can be born with birth defects if the mother has been exposed to certain chemicals during pregnancy. But they can't find out during your pregnancy if your baby will be born with autism.

Whereas you can't prevent having a child with an autistic disorder, you can increase your odds of having a healthy baby by doing some daily routine changes:

- **Live healthily:** During pregnancy, take regular check-ups, eat well-balanced meals, and daily exercise. Make sure you have good prenatal care and take all recommended vitamins prescribed.

- **Don't take drugs during pregnancy:** Ask your doctor before you take any medications this true for some anti-seizure drugs.
- **Avoid alcohol:** Do not consume any kind of alcohol during pregnancy, because alcohol impact is more on the kid while you're pregnant.
- **Follow up about present health condition:** If you were been diagnosed with and disease especially a celiac disease or PKU, follow your doctor and take an advice for keeping them under control.
- **Get vaccinated:** Be sure that you get the German measles (rubella) vaccine before you get pregnant which helps in preventing rubella-associated **autism**.



# CAPAAR

GET UP! GET HERE! GET WELL!

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# CONCLUSION

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