CCF IRB #: 09-710
Approval Date: 9/29/2015
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Cleveland Clinic Children's

Putting the Puzzle Together

September 2015 Vol. 6, Issue 3 CLEVELAND CLINIC CENTER FOR AUTISM RESEARCH PROGRAM

As parents of children with autism, we often think of the next challenge or hurdle facing us. Participation in research is an opportunity to think more broadly about the needs of the whole community and to contribute to a better future for everyone.

Thomas Frazier, II, PhD

Warning about non-evidence-based treatments

Dr. Thomas Frazier was recently interviewed in an article, "Selling hope - Company pushes brain-balancing program for learning disabilities; evidence lacking!" for the Milwaukee Wisconsin Journal Sentinel. The article covers the lure and unfortunate marketing for a non-evidence based autism treatment.

To see the full article please visit: http://www.jsonline.com/business/company-pushes-brain-balancing-program-for-learning-disabilities-evidence-lacking-b99551698z1-324854621.html

There can be dangerous and negative consequences of these programs. Caregivers are encouraged to carefully check the scientific basis of these interventions to ensure their child receives scientifically sound treatment. The following web sites provide a more balanced view of some of the current claims/interventions:

Association for Science in Autism Treatment
www.asatonline.org
Organization for Autism Research
http://www.researchautism.org/

Highest-quality evidence to date that eliminating proteins found in wheat and dairy doesn't improve autism symptoms

About 1/3rd of children with autism have been on restrictive diets to try and improve autism symptoms. One such diet, the gluten-free (GF) and casein-free (CF)stems from the belief that children with autism have difficulty digesting these proteins, leading to physical discomfort and behavioral symptoms.

Researchers from University Of Rochester Medical Center examined the GFCF diet and offered what many experts in the field say is perhaps the highest-quality evidence to date that eliminating proteins found in wheat and dairy doesn't improve autism symptoms. Data showed no significant different when the children were given gluten, casein, or a placebo. Enrollment was small and replication on a larger scale is necessary to give evidence based recommendations.

The biggest concern for the GFCFdiet is that limiting foods for children that are already picky eaters may prohibit consumption of necessary nutrients such as vitamin D.

For more information about this study please visit: http://www.wsj.com/articles/gluten-free-diet-has-no-benefit-for-children-with-autism-study-finds-1442244486

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Autism and Fathers: Conversation, Education, and Support

In June, Dr. Thomas Frazier held the first Autism and Fathers: Conversation, Education, and Support group. This gave fathers with children affected by autism the opportunity to share their stories, concerns, and goals. Dr. Frazier led the group in a discussion about ways to interact with their children and ways to help their child deal with everyday challenges. The fathers were in a supportive environment and had the chance to focus on their trials and tribulations.

Due to an overwhelming turn out, there was another session scheduled for September. Please visit **clevelandclinic.org/autism** if you are interested in enrolling for our next session.

Current Research Participation Opportunities

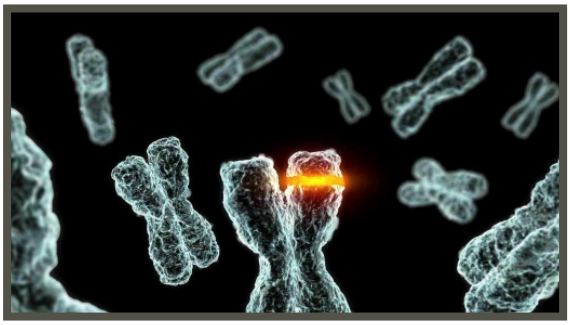
Evaluating the Validity of Remote Eye Tracking in Identifying ASD

Our research team is enrolling patients in Phase 2 of our study investigating Remote Eye Tracking. The study is hoping to show Remote Eye Tracking as a tool in the diagnosis of ASD.

Children between the ages of 1.5 and 18 years with or without a diagnosis of ASD are eligible. Participation lasts between 15-20 minutes.

For more information please contact Mary Beukemann at beukemm@ccf.org or 216-448-6224

Natural History Study of Individuals with Autism and PTEN Mutations



The Cleveland Clinic is now enrolling participants in a multi-site study examining the natural history and development of individuals with a PTEN mutation and Autism Spectrum Disorder. The multi-site study includes Stanford University, University of California-Los Angeles (UCLA) and Boston Children's Hospital. Eligible participants must be between the ages of 3-21 and have a diagnosis of a PTEN mutation and ASD, a diagnosis of a PTEN mutation with no diagnosis of ASD, a diagnosis of ASD and macrocephaly (i.e., head circumference ≥98th percentile), or no diagnosis of a PTEN mutation or ASD.

If you are interested in participating in the study or would like to receive additional details, please contact Eric Klingemier at Klingee@ccf.org or by phone at 216-448-6392.

Special Sensory-Friendly Matinee; A Christmas Carol
Wednesday, November 26, 2014, 11am
Ohio Theater, Playhouse Square
https://www.greatlakestheater.org/event/sensory

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