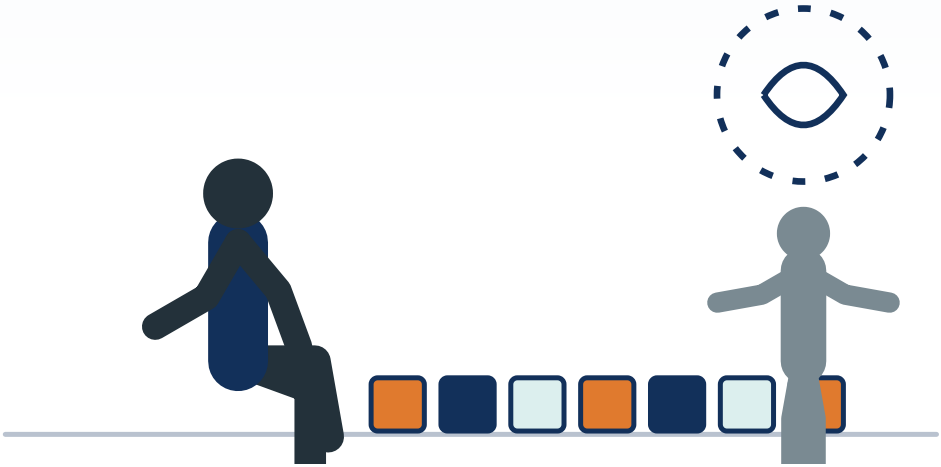
Autism Spectrum Disorder (ASD)

Autism



Dr Anand Diwan

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Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**

Scan to book your appointment

Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

What is autism?

Autism is a condition of brain development. It affects how a child **communicates**, **plays and mixes with people**, and **behaves**.

It is called a **'spectrum'** because it is different in every child – some children do not speak at all, others speak well but find it hard to make friends.



It is common – about **1 in 68 children**. Boys are affected about 4 times more than girls. Signs usually appear before 3 years of age.

Two main areas

- Difficulty in communication and social interaction
- Repetitive behaviour and fixed interests

Why does it happen?

Autism is mainly due to **genes** and differences in early brain development. It is **not caused by parenting** or by leaving the child alone.

- Runs in families – a younger brother or sister has a higher chance
- Older age of parents
- Very premature birth, problems around birth
- Some genetic conditions (such as Fragile X)

Myths and facts

✕ Vaccines (MMR) cause autism.	✓ Studies of more than 12 lakh children show NO link. Vaccinate on time.
✕ Mobile / TV causes autism.	✓ Screens do not cause autism, but they worsen speech and attention. Keep screen time low.
✕ A special diet (gluten-free) cures autism.	✓ There is no proof. Do not restrict food without advice.
✕ He will start talking on his own.	✓ Don't wait. Early therapy gives the best results.

Signs to look for

Warning signs by age

- 6 months – no smiles or babbling
- 12 months – no pointing or waving bye; no response to name
- 16 months – no single words
- 2 years – no 2-word sentences
- **Any age – loss of words or skills already learnt**

Social and communication

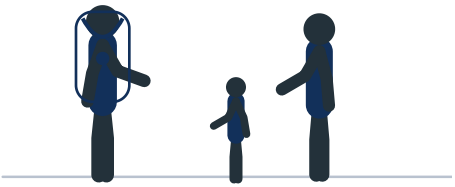
- Poor eye contact; does not show you things
- Uses parent's hand as a tool to get things
- Repeats words or TV lines
- Prefers to play alone

Behaviour

- Hand flapping, rocking, spinning, toe-walking
- Lines up toys; same play again and again
- Very upset with small changes
- Over-sensitive to sound or touch, or does not feel pain

How is it diagnosed?

Autism is diagnosed by **careful observation** of the child and a detailed history from parents, using standard checklists and tools (such as M-CHAT and ADOS).



- **Hearing test (BERA)** for every child – to rule out deafness
- **Genetic test** (chromosomal microarray) – finds a cause in some children
- EEG – only if there are fits or loss of speech
- MRI or other tests – only when the doctor finds a specific reason

> Hair tests, stool tests and urine 'toxin' tests are not useful for autism.

Treatment

Early therapy

Behaviour therapy (ABA), speech therapy, occupational therapy and special education. Start as early as possible – even before 3 years.

Parents as therapists

Parents learn simple ways to play and talk with the child at home every day.

Medicines

No medicine cures autism. Medicines help with anger, self-injury, hyperactivity, poor sleep or fits.

Treat other problems

Fits, sleep problems, constipation and feeding issues are common and treatable.

Avoid unproven 'cures' such as chelation or stem cells – they are costly and can be harmful.

What parents can do



- Talk in short, simple words; name what the child is looking at
- Play face to face; join in what he likes
- Keep a fixed routine; use picture time-tables
- Avoid mobile / TV; more real play and talking
- Prepare the child before any change
- A child who wanders must carry an ID card – take care near water and roads
- Look after yourself; join a parent support group

Remember

- The earlier the therapy, the better the result.
- Every child with autism can learn and improve.
- Love, patience and routine help a lot.

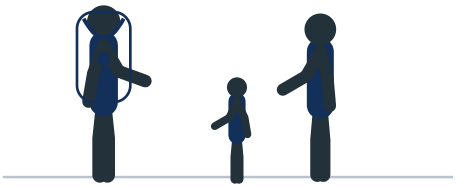
When to see the doctor

Meet the doctor soon if

- Loss of words or skills already learnt
- Fits or blank spells
- Self-injury or severe aggression
- Severe sleep problem
- Child not eating or losing weight

Bring to your visit

- Previous reports, scans and prescriptions
- List of medicines the child takes now
- School notebooks, report card and teacher's remarks
- Short mobile videos of the problem (fits, behaviour, walking)
- Birth and vaccination records



My questions for the doctor

Write your questions here before the visit, so that nothing is forgotten.

Progress diary

Write down changes every week and show this page at each visit.

Date	What we noticed / changes	Therapy / medicine

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

Hospital open 24 hours for emergencies

0253 2224411

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

0253 2472111

Scan to book your appointment

Or book on WhatsApp

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WhatsApp is for booking appointments only.

narayanihospitalfrontdesk@gmail.com

www.diwanneurology.com

Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.