

Health notes on Autism:
Things your doctor SHOULD test you for, but probably hasn't.

A lot of this is gleaned from studies on Autistic children, because that's where most of the money is put. However, many of these disorders were not tested for when we were children, in fact, they didn't even have tests or know of the disorder when we were kids. The only study of health of Autistic adults I have been able to find was conducted in Great Britain on severely affected adults, all of whom seemed to have a language level comparable to that of a 5-year-old or younger, and it found that these adults were more likely to be diagnosed with a whole variety of illnesses ranging from diabetes to cancer at a later stage of disease than their typical peers. This could be due to their inability to communicate how sick they are, but it may also be due to the increased pain tolerance that many of us have.

The risk of seizure disorders in Autism is commonly set at about 30%. While they are more commonly diagnosed in those who are more severely affected, this may be due to the fact that 24 and 48 hour EEGs are more commonly run upon those of us with severe disabilities. Any sudden change in behavior, temperament, movement ability, or the onset or return of night terrors or sleep walking could be a sign that you are having seizures, and your doctor should run a long EEG because of our increased incidence. It should be noted that a 24-hour EEG is recommended for all children diagnosed with Autism in the NHS of Great Britain.

<http://sfari.org/news-and-opinion/news/2013/risk-of-epilepsy-in-autism-tied-to-age-intelligence>

Those of us who have seizures are more likely to have treatment resistant forms of epilepsy.
<http://www.clinicaladvisor.com/relationship-between-seizures-and-autism-remains-unclear/article/201013/>

This is interesting, because it has more recently been discovered that intractable seizures are frequently a form of autoimmune epilepsy, and that these seizures can be treated best with therapies such as IVIG, which are more commonly used for Immunodeficiency and severe Autoimmune Disease.

<http://www.prnewswire.com/news-releases/increased-risk-of-epilepsy-among-autoimmune-disease-patients-253253181.html>

<http://www.epilepsyresearch.org.uk/sizable-minority-of-refractory-epilepsies-have-immune-origin/>

Patients were more likely to have IgG reactivity to neurotransmitters in these studies.

This is significant, because IgG is also the immunoglobulin that is tested for non-Celiac Gluten Intolerance, and multiple studies have found that over 2/3 of Autistic children tested positive for this, although very few of their non-Autistic siblings did.

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0066155>

In other words, a gluten-free diet may reduce the risk of seizures in people with these markers.

In a recent Egyptian study, 40% of children tested had a specific marker of autoimmunity, the serum antinucleosome-specific antibody. <http://www.jneuroinflammation.com/content/11/1/69>

However, when multiple markers for autoimmunity are tested, that number goes up significantly, to over 50% of Autistic patients. http://www.aacp.com/pdf%2F2103%2F2103ACP_Research1.pdf

Women are more likely to present with autoimmune disorders in general, however, based upon these findings, I would generally suggest that ALL Autistics be tested for a variety of autoimmune disorders. Additionally, mothers with a variety of autoimmune disorders have an increased risk of having an Autistic child, ranging from an 80% higher risk in rheumatoid arthritis to a 350% increase in celiac disease, meaning that the Autistic person is more likely to develop an autoimmune disorder. It should be noted that while women are more likely to develop autoimmune disorders, male fetuses are more susceptible to having a variety of side effects related to the mother's inflammation, which possibly includes autism. <http://www.ncbi.nlm.nih.gov/pubmed/23838889>

About 25% of Autistic patients have an underlying Primary Immunodeficiency, which also increases the risk of having an autoimmune disorder later in life. Since PIDs are suspected in less than 1% of general population, a number of 25% goes well beyond significant, although we present with a wide variety of PIDs. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2883089/>

http://www.nytimes.com/2012/08/26/opinion/sunday/immune-disorders-and-autism.html?pagewanted=all&_r=0

If this number hasn't hit home yet, please consider that both I and Donna Williams have been diagnosed with Primary Immune Disorders, we both have forms of IgA Deficiency, which is supposed to affect less than 1/10,000 of the population. <http://www.donnawilliams.net/autismandvaccination.0.html>

Additionally, I was in one of Jim Adam's studies some years ago, and of approximately 100 autistic people, FOUR of us, including me, came back with markers for low IgA, which would seem to indicate this may be one of the more common immunodeficiencies in us. None of the typical controls had low Secretory IgA in their samples.

Autistic people are also more likely to have a whole variety of gastrointestinal disorders than typical people, a result that has finally been confirmed by multiple scientific studies after parents talking about it for decades. http://pediatrics.aappublications.org/content/130/Supplement_2/S160.full

It should be noted that ALL of this information has been gleaned from mainstream, peer-reviewed scientific journals or from news reports about these if they are not available for reading for free at this time. This is not alternative medicine – Autistic people actually are proven more likely to have all of these, and probably other disorders, as well.