



Autism Friends Newsletter

SCIENCE & RESEARCH

Much High Fructose Corn Syrup Contaminated With Mercury, New Study Finds

Brand-Name Food Products Also Discovered to Contain Mercury

Minneapolis – Mercury was found in nearly 50 percent of tested samples of commercial high fructose corn syrup (HFCS), according to a new article published today in the scientific journal, Environmental Health. A separate study by the Institute for Agriculture and Trade Policy (IATP) detected mercury in nearly one-third of 55 popular brand name food and beverage products where HFCS is the first or second highest labeled ingredient—including products by Quaker, Hershey's, Kraft and Smucker's. HFCS use has skyrocketed in recent decades as the sweetener has replaced sugar in many processed foods.

HFCS is found in sweetened beverages, breads, cereals, breakfast bars, lunch meats, yogurts, soups and condiments. On average, Americans consume about 12 teaspoons per day of HFCS. Consumption by teenagers and other high consumers can be up to 80 percent above average levels.



"Mercury is toxic in all its forms," said IATP's David Wallinga, M.D., and a co-author in both studies. "Given how much high fructose corn syrup is consumed by children, it could be a significant additional source of mercury never before considered.

"While the FDA had evidence that commercial HFCS was contaminated with mercury four years ago, the agency did not inform consumers, help change industry practice or conduct additional testing."

To view study, go to

<http://www.ehjournal.net/content/8/1/2>

For Institute for Agriculture and Trade Policy report,

"Not So Sweet: Missing Mercury and High Fructose Corn Syrup" go to

<http://www.healthobservatory.org/library.cfm?refid=105026>

Autism Friends Support Group Meeting

Wednesday February 18, 2009



Mark your Calendar this February with Dr. Bariah Dardari from the American Hospital, Dr. Bariah Dardari is American Board Certified pediatrician who will talk about the best methods in treating Ear, Nose and Throat infections in children, don't miss the chance to taste some of the Organic Food and Café products that are Gluten free and casein free, the presentation is given by the Nutritionist Mr. Ahmed Al Hasan will present a variety of Organic and products that can be useful for children on the GFCF diet.

The meeting will be held at CEIMC at 6.00 P.M. for more information call 044233667; new parents are encouraged to attend.

COOKING CORNER

Chicken Fingers

Contributed by
Angie Halten , Gluten Free Club.com

Sesame seeds add crunch and cayenne adds spice.

Ingredients:

- 2 cup rice flour
- ½ tablespoon paprika
- ¼ tablespoon cayenne
- 2 tablespoon white sesame seeds
- 1 quart cold soda water
- 4 single chicken breasts-cut into strips
- Vegetable oil for deep frying
- Salt to taste



Directions:

In a bowl, mix together the flour, paprika, cayenne and sesame seeds. Whisk in the soda until a pancake batter consistency is achieved. Dip the chicken fingers individually in the batter and deep fry until golden brown, about 5 minutes. Season with salt.

Autism Around The World Symposium



March ,28 2009

Burj Al Arab, Dubai-UAE

Child Early Intervention Medical Center and Center for Autism Related Disorders organising

Autism Around The World Symposium

to take place at Burj Al Arab March 28 2009 Guest speakers includes:

Dr. Doreen Granpeesheh, PhD, BCBA
Founder and Executive Director of C.A.R.D.

Dr. James Jeffrey Bradstreet, MD, MD(H), FAAFP
Founder and Director of Clinical Programs,
ICDRC The International Child Development Resource Center.

Dr Hussain Ali Al Maseeh, Ph.D.
Director of Dubai Early Childhood Development Center,
Community Development Authority.

The Symposium is supported by the Emirate Medical Association and accredited with 6 credit hours.

Topics include The Role of ABA in Early Intervention: The CARD Program - Procedures and Curriculum by **Dr. Doreen Granpeesheh,**

Community-based, family focused service model for children with disability by **Dr Hussain Ali Al Maseeh** and "Helping Children to Recover by Understanding Their Unique Biomedical Profile"

By **Dr. James Jeffrey Bradstreet.**

The event is open for families with children on the autism spectrum, special education teachers, pediatricians, Psychologists, social workers and medical doctors.

Supported by



For Information, Registration and Sponsorship please contact

CEIMC on +971-4-4233667.



MOHCME Accreditation
ID # 0028/2009

6 credit hours in category 1 credit(s)

Speech Therapy Tips for children with Autism

By Vince DSouza

The goal of speech therapy is to improve all aspects of communication. This includes: comprehension, expression, sound production, and social use of language. Speech therapy may include sign language and the use of picture symbols. At its best, a specific speech therapy program is tailored to the specific weaknesses of the individual child (1). Unfortunately, it can be difficult to create a child-specific, evolving, long-term speech therapy plan.

The National Research Council describes four aspects of beneficial speech therapy.

- 1) Speech therapy should begin early in a child's life and be frequent.
- 2) Therapy should be rooted in practical experience in the child's life.
- 3) Therapy should encourage spontaneous communication.
- 4) Any communication skills learned during speech therapy should be generalizable to multiple situations.

Thus, any speech therapy program should include practice in many different places with many different people. In order for speech therapy to be most successful, caregivers should practice speech exercises during normal daily routines in the home, school, and community. Speech therapists can give specific examples of how best to incorporate speech therapy throughout a child's day.

Speech therapy sessions will vary greatly depending upon the child. The sessions should be designed to engage the child in communication. The therapist will engage the child through games and toys chosen specifically for the child. Several different speech therapy techniques and approaches can be used in a single session or throughout many sessions

Children with autism not only have trouble communicating socially, but often also have problems behaving. These behavioral problems are believed to be at least partially caused by the frustration associated with the inability to communicate. Speech therapy is intended to not only improve social communication skills, but also teach the ability to use those communication skills as an alternative to unacceptable behavior.



Many scientific studies demonstrate that speech therapy is able to improve the communication skills of children with autism. The most successful approaches to speech therapy include: early identification, family involvement, and individualized treatment. There are many different approaches to speech therapy and most of them are effective.

Traveling with your child

by Venice Klchura

Just because your child is autistic doesn't mean you can take him (or her) on a family vacation. It just takes more planning and preparation. Here are some tips....

Traveling with young children on vacation can be stressful. If you're the parent of a special needs child, it's even more challenging. However, with sufficient planning, even autistic children can have a positive experience while vacationing with their parents. It just takes more advance preparation when traveling with child with special needs.

Tips for Traveler:

1. Make lists on what items you need to take with you and always update that list the closer to the travel date.
2. Take a copy of his diagnosis with you.
3. Travel off-peak when the airports are quieter.
4. Take advantage of computerized check-ins.
5. Accelerate check-in and security clearance and talk with TSA for quick clearance avoiding waiting in lines.
6. Stay away from high traffic noisy areas.
7. Find children's books about going on vacation and read them several times, so your child knows what to expect.
8. Children on the autism spectrum are used to routine and structure. But while they need some structure, just let them be children and have fun.
9. If you visit family members, let them know what to expect from your child. Your child might have a meltdown and let your family know that you may have to leave early.
10. Always bring something familiar on your trip (favorite book, game).



Don't worry about what others think. They haven't walked in your shoes.