



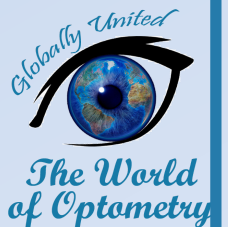
# TWOP News

TWOP News exclusively delivering informations, ideas and connects people in The World of Optometry

Wear blue on April 2 for the 14th annual  
World Autism Awareness Day

**WORLD AUTISM**

**AWARENESS DAY**



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# Introduction

Autism is a neurodevelopmental disorder characterized by difficulty in communication and social interactions. Symptoms can range from mild to moderate severity. However, due to a wide range of systemic abnormalities, autism is now referred to as autism spectrum disorder (ASD).

According to a CDC report, about 1 in 54 children are diagnosed with ASD, which is more common in boys as compared to girls.



# Symptoms

Difficulty in communication

Avoiding eye contact

Unusual movement pattern

Intolerant to loud sounds

Prefers to be alone

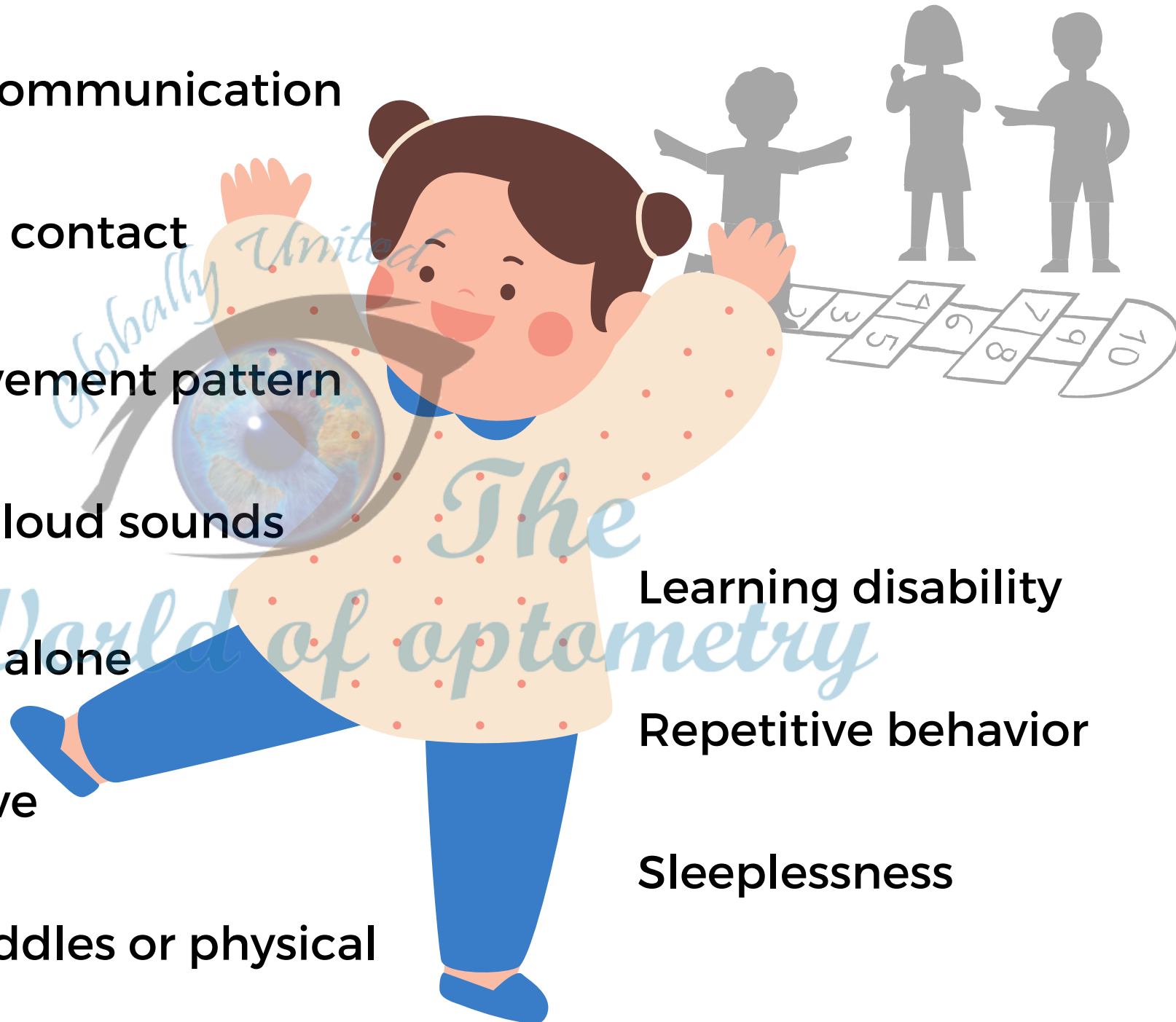
Hypersensitive

Rejecting cuddles or physical  
touch

Learning disability

Repetitive behavior

Sleeplessness



# Levels of ASD

## LEVEL 1

Children with level one have mild symptoms, since they are able to do their activities. They are called high-functioning autism or Asperger's syndrome.

## LEVEL 2

Children with level two need support to get their activities done. For this purpose, specialized training and therapies may be helpful.

## LEVEL 3

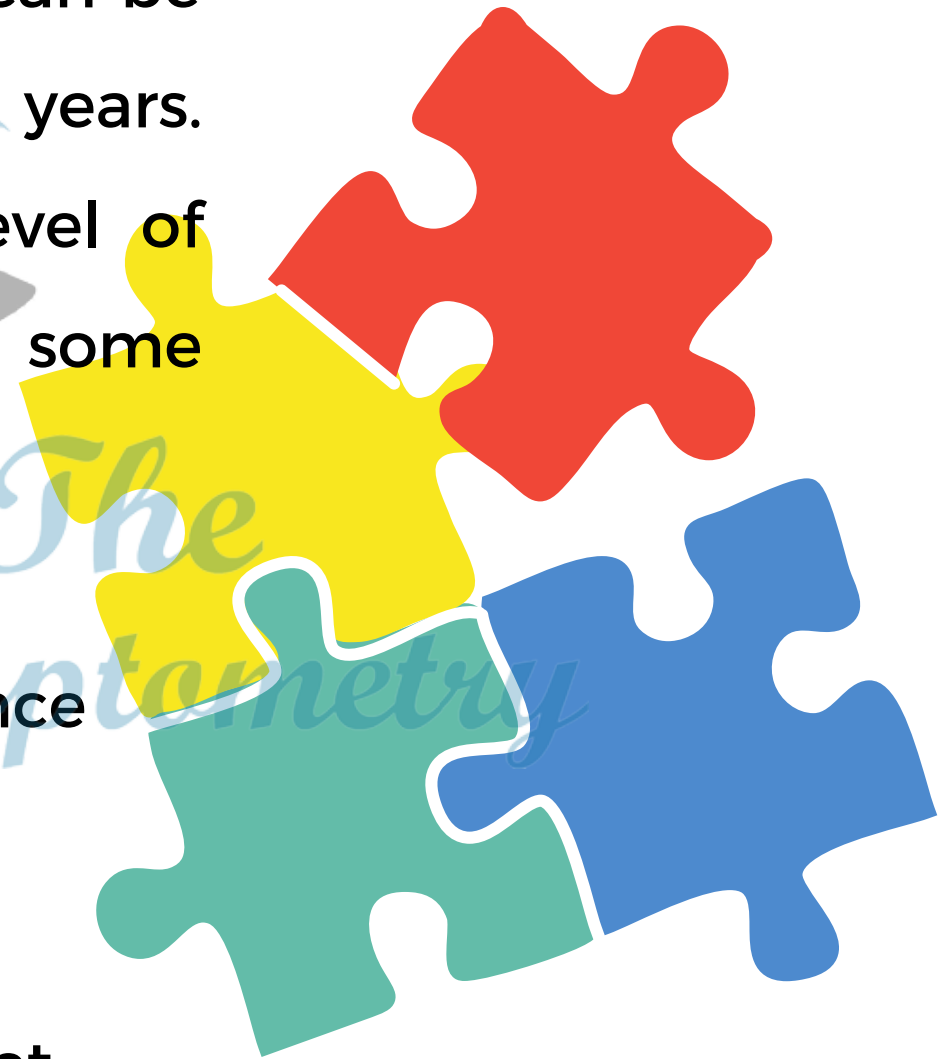
Children with level three have severe symptoms. They need more support and full time therapy as they are unable to function well.



# What You Need to Know

ASD is a genetic disorder and can be easily diagnosed in early years. Treatment depends on the level of their autism. Following are some measures to help ASD children:

- Full time support and patience
- Occupational therapy
- Parents counselling
- Gluten free and dairy free diet
- Consult to doctor

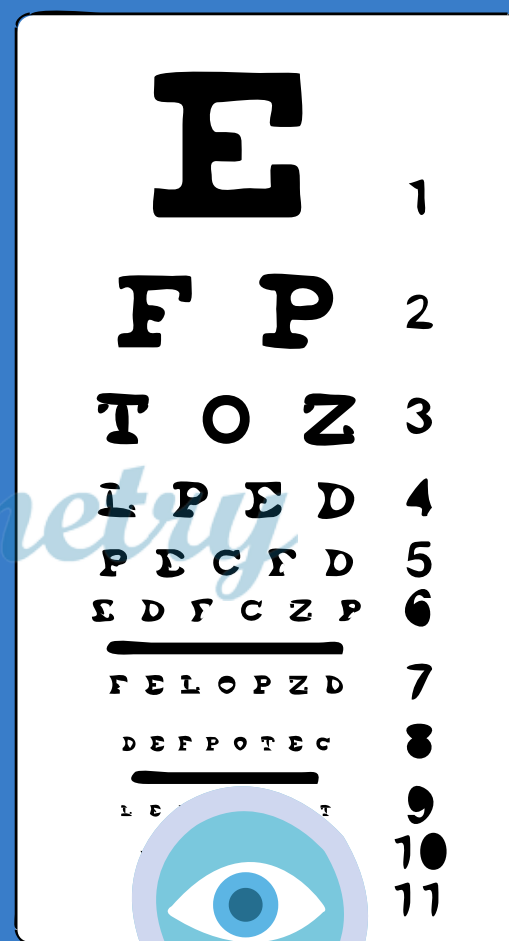


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# Common Eye Problems Related to ASD

- Problem in maintaining eye contact
- Watching spinning objects or repeated blinking
- Crossed eye (Strabismus)
- Amblyopia (Lazy eye)
- Light sensitivity

Children with ASD should have regular Eye exams. Vision therapy is helpful in enhancing visual skills to facilitate everyday tasks of children with ASD.



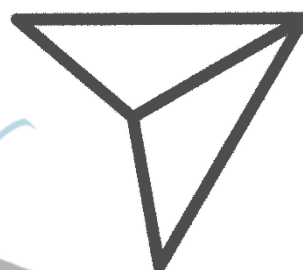
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