SYMPOSIUM: MEDICAL ASPECTS OF AUTISM CARE

MARCH 26 - 28, 2009

BLOORVIEW KIDS REHAB CENTRE
TORONTO, ONTARIO
PREAMBLE
Awareness of Autism by the public and physicians has increased over the past decade. Autism spectrum disorders (ASDs) are not rare and many primary care paediatricians and family doctors care for several children with an ASD. Timely screening and diagnosis of Autism spectrum disorders has been a pivotal issue as early intervention continues to result in better outcomes. As Autism is a heterogenous disorder with many different etiologies, doctors must then decide what, if any, investigations to order to look for a biomedical cause for a child’s impairments. Many families are also considering a spectrum of biomedical interventions and at present, physicians do not have strong evidence as to which interventions may be effective for a specific child.

The Autism Treatment Network (ATN) was established to improve the medical care of children with Autism through a standardized medical assessment, multisite collaboration, and a network of Autism and subspecialist experts. We have invited Autism experts in psychopharmacology, neurology, gastroenterology, nutrition, metabolics, genetics, psychology and sleep to update physicians on the latest progress in each of these areas, to better equip them to care for individuals with an ASD.

ABOUT THE AUTISM TREATMENT NETWORK
The Autism Treatment Network (ATN) is a network of treatment and research centers dedicated to improving medical care for children and adolescents with Autism by establishing standards of clinical care based on research and shared clinical practice. The ATN is dedicated to establishing these standards of care for Autism in the medical community through open research collaboration, trainee mentorship, medical education and participation in conferences.

Under the umbrella of the Bloorview Research Institute and within the Division of Developmental Paediatrics at the University of Toronto, Dr. Wendy Roberts, and Dr. Alvin Loh are leading the Toronto site of the Autism Treatment Network (ATN).

The Toronto ATN includes physicians and healthcare practitioners from Bloorview Kids Rehab, Surrey Place Centre, the Hospital for Sick Children, and various child development clinics that are committed to a standard of medical assessment in Autism. They plan to develop best practices for the identification of medical disorders in ASD. The ATN also aims to create treatment guidelines that will be made broadly available to physicians, researchers, parents, policy makers and others dedicated to enhancing the medical care of individuals with Autism.

WHO SHOULD ATTEND?
Paediatricians, specialists, family physicians and other health care professionals who provide health care services to persons with an Autism spectrum disorder (ASD).

LOCATION
The symposium will be held at Bloorview Kids Rehab, 150 Kilgour Road, Toronto. For out-of-town participants wishing to reserve hotel accommodation during the conference, please visit www.toronto.com for recommendations. The hotels nearest to Bloorview are Westin Prince Hotel, 900 York Mills Road, Toronto ON M3B 3H2 (416-444-2511) and the Best Western Roehampton Hotel, 808 Mount Pleasant Road, Toronto ON M4P2L2 (416-487-5101).

COURSE OBJECTIVES
By the end of the symposium, participants will
1) Understand current theories about the biomedical factors that can contribute to ASDs
2) Identify the indications for specific medical investigations and referrals to subspecialists in a child with ASD
3) Gain awareness about helpful behavioural interventions in ASD relating to sleep and improving social communication
4) Review the evidence for screening and diagnostic tools, and psychopharmacological interventions, in ASD

STUDY CREDITS
This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited for up to 9 (nine) Mainpro-M1 credits. This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada, approved by the University of Toronto (10.5 credits) and approved by the Canadian Paediatric Society.

DECLARATION OF POTENTIAL CONFLICT OF INTEREST
Speakers will be requested to disclose to the audience, any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program.

ACKNOWLEDGEMENT
We would like to thank Autism Speaks, Bloorview Kids Rehab and Surrey Place Centre for their generous support.
**Medical Aspects of Autism Care**

**SYMPOSIUM PLANNING COMMITTEE**

Wendy Roberts MD, FRCPC Chair  
Evdokia Anagnostou MD FRCP  
Alvin Loh MD FRCP  
Pam Green RN  
William F. Sullivan MD CCFP PhD

**UNIVERSITY OF TORONTO FACULTY**

Evdokia Anagnostou, MD, FRCP, Child Neurologist, Assistant Professor, Dept of Paediatrics, Clinician Scientist, Bloorview Research Institute

Glenn Berall BSc, MD, FRCP. Paediatrician and Physician, Nutrition Specialist  
Assistant Professor, Department of Paediatrics and the Department of Nutritional Sciences, School of Graduate Studies, Chief of Paediatrics and Director of Autism Nutrition Clinic, North York General Hospital.

Jessica Brian PhD, C. Psych. Psychologist  
Lecturer, Department of Paediatrics, Psychologist, Bloorview Kids Rehab, Clinician-Investigator, Bloorview Research Institute, Co-Director, Autism Research Unit, The Hospital for Sick Children, Project Director, Research Institute, The Hospital for Sick Children, Associate Member, School of Graduate Studies, OISE/UT

Annette Feigenbaum MB, ChB, FRCP (Paeds), FCCMG.  
Associate Professor, Department of Paediatrics  
Acting Section Head for Genetic Metabolic Program, Medical Director, PKU Program, Division of Clinical and Metabolic Genetics, The Hospital for Sick Children

Alvin Loh MD, FRCP  
Assistant Professor, Division of Developmental Paediatrics, Department of Paediatrics, Developmental Paediatrician at Surrey Place Centre, Co-Principal Investigator, Autism Treatment Network - Toronto

Margaret (Peggy) A. Marcon, MD, FRCP  
Assistant Professor, University of Toronto  
Paediatric Gastroenterologist, Division of Gastroenterology, Hepatology and Nutrition and Director of Ambulatory Clinic, Division of Gastroenterology, Hepatology and Nutrition, The Hospital for Sick Children

Wendy Roberts, MD, FRCP  
Professor of Paediatrics and Co-Director of the Autism Research Unit, The Hospital for Sick Children, Developmental Paediatrician, Bloorview Kids Rehab, Principal Investigator. Autism Treatment Network - Toronto

Stephen W. Scherer PhD, FRSC  
Senior Scientist, Genetics and Genomic Biology; Director, The Centre for Applied Genomics and Associate Chief, Research Institute, The Hospital for Sick Children

Margot Taylor PhD  
Professor, Department of Paediatrics, Medical Imaging and Psychology, Director of Functional Neuroimaging, Diagnostic Imaging, The Hospital for Sick Children  
Senior Scientist, SickKids Research Institute.

Shelly K. Weiss, BSc, MD, FRCP  
Paediatric Neurologist, Associate Professor, Division of Paediatric Neurology at the University of Toronto  
Education Program Director for Paediatric Neurology

Rosanna Weksberg MD, PhD, FRCP, FCCMG, FACMG, Professor, Department of Paediatrics  
Division Head, Clinical and Metabolic Genetics, The Hospital for Sick Children, Senior Associate Scientist, Research Institute, The Hospital for Sick Children

**GUEST FACULTY**

Wendy Edwards MD, FRCP, Consultant Paediatrician, Chatham-Kent.

Martha Herbert MD, Neurologist  
Assistant Professor, Neurology, Harvard Medical School, Pediatric Neurologist, Massachusetts General Hospital, Boston, MA, Member of the MGH Center for Morphometric Analysis, and an affiliate of the Harvard-MIT-MGH Martinos Center for Biomedical Imaging, Director, TRANSCEND Research Program (Treatment Research and Neuroscience Evaluation of Neurodevelopmental Disorders)

Suzanne Lanthier, Executive Director, Autism Speaks Ontario

Derrick F. MacFabe PhD MD, FRCP  
Assistant Professor and Director, Kilee Patchell-Evans Autism Research Group, Depts. of Psychology (Neuroscience) & Psychiatry (Division of Developmental Disabilities), Schulich School of Medicine and Dentistry, University of Western Ontario, London.

Shelley Mitchell, B.Sc., MSLP (C), Speech-Language Pathologist, Reg. CASLPO  
Doctoral Student, Hospital for Sick Children, University of Toronto

Margaret Spoelstra  
Executive Director, Autism Ontario
SYMPOSIUM SCHEDULE
THURSDAY, MARCH 26 - SATURDAY, MARCH 28

THURSDAY MARCH 26, 2009
1:00 pm – 4:30 pm  ATN Investigators’ meeting (An agenda will be sent out to ATN members prior to the meeting)
5:00 pm – 8:00 pm  Opening Reception
Keynote Address  Oxytocin for the Treatment of Social Cognition Deficits and Repetitive Behaviors in Autism  Evdokia Anagnostou
Dr. Anagnostou will review the scientific data supporting the involvement of oxytocin in aspects of social cognition and why oxytocin may hold promise for the treatment of Autism related symptoms.

FRIDAY MARCH 27, 2009
8:00 am  Registration and Breakfast
8:50 am  Welcome  Suzanne Lanthier, Autism Speaks Canada
9:00 am  Autism as a Neurological Disorder  Martha Herbert
Dr. Herbert will provide a perspective on medical issues in Autism framed within the current scientific evidence being ascertained.
10:00 am  Question and Answer period
10:30 am  Coffee Break
11:00 am  QUICK HITS
Medical Treatments for the Autistic Patient: Worthwhile or Worthless?  Wendy Edwards
Dr. Edwards will briefly discuss what treatments she uses in her practice to encourage better health in patients which consequently results in increased verbal abilities, socialization and decreased repetitive behaviors in many of them. She will share the scientific research behind why she feels these treatments are valuable and worthwhile.
The “Self Centred Bug”: Can Acquired Gastrointestinal Infections Influence Brain Function and Behaviour in Autism?  Derrick MacFabe
This lecture examines the possible role of infectious agents in the causes and symptoms of neurodevelopmental disorders, with ASD as a key focus.
The Role of the Gastrointestinal Tract in Health and Disease in People with Autism  Peggy Marcon
Dr. Marcon will discuss the various ways the gastrointestinal tract may play a role in health and disease in people with Autism.
12:30 pm  Lunch
1:30 pm  Concurrent Seminars (you will be confirmed to attend one seminar)
FR1  Metabolic Genetics  Annette Feigenbaum
Dr. Feigenbaum will review the proposed ‘red flags’ on history and physical examination that increase suspicion of a metabolic disorder in ASD.
FR2  Sleep  Shelly Weiss
This workshop will present practical guidelines for physicians to share with their families. Participants will be provided with printed information about the ATN sleep study that they can share with their families.
FR3  Early Intervention  Jessica Brian & Shelley Mitchell
This workshop will focus on providing paediatricians with specific strategies and resources to share with families following a diagnosis. Areas covered will include early intentional communication, social interaction, play and challenging behaviours.
FR4  Psychopharm  Evdokia Anagnostou
Dr. Anagnostou will review the data supporting the use of SSRIs, atypical neuroleptics and mood stabilizers in Autism.

Continued on next page
3:00 pm   Coffee Break

3:30 pm   “Pulling it all together”
Seminar presenters will provide highlights and insights from seminar discussions

5:00 pm   End of today’s session.

SATURDAY, MARCH 28, 2009

8:00 am   Registration and Breakfast

9:00 am   Genome Architecture in Autism Spectrum Disorder   Steve Scherer
Dr. Scherer will discuss the latest progress in genetics research into ASD including the new genomic technologies to study DNA.

9:45 am   EpiGenetics   Rosanna Weksberg
In this presentation, Dr. Weksberg will define Epigenetics and its role in neurodevelopmental and growth related diseases of childhood will be reviewed. She will also explore the potential role of epigenetics in the etiology of ASD.

10:30 am   Coffee Break

11:00 am   Concurrent Seminars  (you will be confirmed to attend one seminar)
SA1   Nutrition Issues in Autism Spectrum Disorders   Glenn Berall
This seminar will include a description of common nutrition problems faced by children with Autism. A model of nutritional care for children with Autism will be presented. Common alternative nutritional approaches will also be described and analyzed.

SA2   The Role of the Gastrointestinal Tract in Health and Disease in People with Autism   Peggy Marcon
An in-depth discussion on various ways the gastrointestinal tract has been suggested to play a role in health and disease in people with Autism.

SA3   Clinical Practice Guidelines   Alvin Loh & Wendy Roberts
Drs. Loh and Roberts will discuss surveillance, screening and diagnostic tools across the age and functioning levels.

SA4   Psychopharm (Repeat of Friday’s workshop)   Evdokia Anagnostou

12:30 pm   Joint Lunch and Keynote Speaker*
Count Me In! Advocacy, Evidence, and Support for a Lifetime
Marg Spoolstra, Executive Director, Autism Ontario

1:45 pm   End of session

*  ATN families and those interested in joining the Autism Treatment Network have been invited to this lunch and keynote presentation which precedes “Living with Autism: An Information Session for Families”.

FOR FURTHER INFORMATION CONTACT:
DIANNE DAVISON, ATN COORDINATOR
2 Surrey Place, Toronto, Ontario M5S 2C2
Telephone: (416) 925 – 5141 ext. 2276
Fax: (416) 925-3402
E-mail: dianne.davison@surreyplace.on.ca
MEDICAL ASPECTS OF AUTISM CARE
REGISTRATION FORM
(PLEASE PRINT CLEARLY)

NAME: ____________________________________________________________

ADDRESS: _________________________________________________________

CITY: _____________________ PROVINCE: ________ POSTAL CODE: _________

TELEPHONE: ___________________________ FAX: ___________________________

E-MAIL: ___________________________________________________________

HOSPITAL/UNIVERSITY AFFILIATION: _________________________________

PROFESSIONAL STATUS: ____________________________________________

Registration fee: $200 ($125 if booked before March 1, 2009)
Medical Clerks, Fellows: $125 ($75 if booked before March 1, 2009)

Includes: Opening reception on Thursday March 26; lectures and seminars on Friday March 27 and Saturday March 28; All printed materials, food & beverages as indicated in the programme.

Cancellation Policy: A refund less $50 processing fee, if cancellation is received in writing no later than March 1, 2009. No refunds will be given after March 1, 2009. Registrants may substitute an alternative attendee.

I will attend:
Thursday ATN meeting (co-investigators only)
Thursday Reception and Keynote Lecture
Friday all day Seminar Choice: 1st Choice ______ 2nd Choice ______
Saturday morning, lunch and keynote lecture Seminar Choice: 1st Choice ______ 2nd Choice ______

MAIL COMPLETED REGISTRATION FORM
WITH YOUR CHEQUE MADE PAYABLE TO ‘SURREY PLACE CENTRE/ATN’
Dianne Davison, Coordinator, Autism Treatment Network
2 Surrey Place, Suite 222, Toronto, Ontario, Canada M5S 2C2

LIVING WITH AUTISM:
AN INFORMATION SESSION FOR ATN FAMILIES
The ATN will be holding an information session for families about medical and complementary treatments for children with Autism on Saturday March 28, 2009. Please feel free to invite ATN registered families or families that may be interested in joining the ATN to attend this session.

Participation is free and registration is on a first come basis as space is limited. To register, they are asked to complete the form on the last page of this brochure and return by mail, email or fax.
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FIRST ATN INFORMATION SESSION FOR FAMILIES
The Autism Treatment Network (ATN) is offering an information session for parents of children with Autism Spectrum Disorders on Saturday March 28, 2009. This information session will provide information about the ATN as well as medical and complementary treatments for children with Autism.

WHO CAN ATTEND?
ATN registered parents and caregivers, and parents interested in joining the ATN who have been referred by their physician.

LOCATION
Bloorview Kids Rehab, 150 Kilgour Road, Toronto. For out-of-town participants wishing to reserve hotel accommodation during the conference, please visit www.toronto.com for recommendations. The hotels nearest to Bloorview are Westin Prince Hotel, 900 York Mills Road, Toronto ON M3B 3H2 (416-444-2511) and the Best Western Roehampton Hotel, 808 Mount Pleasant Road, Toronto ON M4P2L2 (416-487-5101).

TO REGISTER
Complete the form on the reverse side and forward by mail, email or by fax. Please note that space is limited and ATN registered families and those referred by their physician will receive priority registration. Should there still be space available, registration will be on a first come basis.

THIS PROGRAMME HAS BEEN SPONSORED BY

AND THE TORONTO SITE OF THE AUTISM TREATMENT NETWORK
**LIVING WITH AUTISM: AN INFORMATION SESSION FOR FAMILIES**
**PROGRAMME - SATURDAY, MARCH 28, 2009**

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>12:00 noon</td>
<td>Registration begins</td>
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<tr>
<td>12:30 pm</td>
<td>Joint Lunch and Keynote Speaker</td>
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<td><strong>Count Me In! Advocacy, Evidence, and Support for a Lifetime</strong></td>
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<td>Marg Spoelstra, Executive Director, Autism Ontario</td>
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<td>2:00 pm</td>
<td>Impact of your family in the ATN</td>
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<td>2:10 pm</td>
<td>Food for Thought: How and Why Diet and Proper Nutrition Can Make a Difference</td>
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<td>Dr. Glenn Berall, Paediatrician and Nutrition Specialist</td>
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<td>2:30 pm</td>
<td>Why does my child have tummy pains (and other GI problems)?</td>
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<td>Dr. Peggy Marcon, Paediatric Gastroenterologist</td>
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<td>2:50 pm</td>
<td>Question Period</td>
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<td>3:10 pm</td>
<td>Coffee Break</td>
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<td>3:30 pm</td>
<td>Are there medications that can improve my child’s brain functioning?</td>
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<td>(SSRIs, Antipsychotics, Oxytocin… )</td>
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<td>Dr. Evdokia Anagnostou, Child Neurologist</td>
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<td>3:50 pm</td>
<td>Will vitamins and herbal supplements help my child? What should I do?</td>
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<td>Complementary Medicine (medications, vitamins, probiotics, antifungals, diets…)</td>
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<td>Dr. Alvin Loh, Developmental Paediatrician</td>
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<td>4:20 pm</td>
<td>Question Period</td>
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<td>4:40 pm</td>
<td>Living with Autism: Perspective from family members</td>
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<td>Panel: David Golden, Suzanne Lanthier, Philip Paul and Lee Steel</td>
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<td>5:15 pm</td>
<td>End of programme</td>
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**REGISTRATION FORM**

NAME(s) of parents/caregivers wishing to attend:

ADDRESS:

CITY: ________________  PROVINCE:  __________  POSTAL CODE:  __________

TELEPHONE: ____________________  FAX: ____________________

E-MAIL: ____________________

Name of Physician who referred you to the ATN: ____________________

STATUS: ______  Registered ATN member  ______  Interested in joining the ATN

**To register**, please contact Dianne Davison, ATN Co-ordinator at or send your completed form by mail, email or by confidential fax:

Autism Treatment Network  Telephone: 416-925-5141 ext. 2311
2 Surrey Place, Suite 222,  Email: dianne.davison@surreyplace.on.ca
Toronto, Ontario  M5S 2C2  Fax: 416-925-3402

Confirmations will be sent out two weeks prior to the programme.