

# Understanding autism

## Opinion

In this installment we will talk about autism in a way that we can understand and stop stigmatizing, since in our advanced society in other typical areas of the XXI century, yet we turn with doubt and pity people with epilepsy, schizophrenia, or live with presenting some visibility skull surgery, the disabled, people attending any other situation the psychiatrist, and of course people with autism.

Autism, or Autism spectrum disorders are defined as a chronic neurological dysfunction with strong genetic basis from an early age is manifested in a number based on a triad of disorders (triad Wing) symptoms, which fall into communication, social and flexibility in the area of communication and interaction.

This disease is characterized by abnormal coordination, integration and synchronization of the various areas of thought, what we call a disease that affects all situations that arise “at one time” no matter how brilliantly unfolds in a (management numbers or data) because it becomes distracted or other vulnerabiliza (sociabilización, self-defense and assertiveness).

In the way that we can recognize is returning to the mentioned triad (triple variety) we can locate the signs and symptoms of this disease:

- a) Appropriate social interaction: Babies: eye contact, gestures and limited expressions. It is resulting sometimes in a kind of selective deafness because it does not usually react when called by name. Children: lack of interest in being helped, inability to initiate or participate in games with other children or adults, games solo, inappropriate response in formal social relations.
- b) Verbal and nonverbal communication altered: Do not use verbal and / or physical and functional communication may even be silence in the most serious cases. Some children start language development in the first year of life but can regress from the second year and losing. Others, however, suffer widespread delays in all aspects of language and communication (not compensate with gestures or mime). When language is present there is marked impairment in the ability to initiate or sustain a conversation: echolalia, confusion of personal pronouns (refer to themselves in second or third person), verbal repetition of phrases or around a particular subject and abnormalities prosody. Stereotyped and repetitive use language.
- c) Restricted interests and repetitive behaviors and stereotyped absorbents concerns one or more stereotyped and restricted patterns of interest that are abnormal in intensity or its contents. It is common: the exaggerated insistence on the same activity, specific routines or rituals. They have little tolerance for change routines. Usually they acquire mannerisms Stereotyped and repetitive motor as flapping or twisting hands or fingers, or complex whole body movements.
- d) Initial response to stimuli: Selective perception of certain sounds that results in not responding to human voices or your

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own name and instead are extremely sensitive to certain sounds, even considered mild for most. The same occurs with certain visual stimuli, tactile, smell or taste. This sometimes results in eating disorders by preference or rejection of specific tastes or textures, or rejection of certain garments by color and touch. Sometimes serious dysfunction of the sensation of pain that can mask medical problems such as fractures.

- e) Behavioral disorders: Sometimes they show difficulty focusing on specific issues or activities that have not been chosen by themselves. Some children are often considered hyperactive or attention deficit problems, even at significant levels of anxiety. Others respond to changes or frustrations with aggression or self-aggression.
- f) Special Abilities: Some children may show special sensory skills in specific areas, memory, calculation, and others that can make them stand on issues such as music, art or mathematics.

The average incidence of presentation in Mexico is increasing, reaching 8-10 per hundred thousand inhabitants, due to better detection and diagnosis mechanisms, remembering that had been classified as schizophrenia, bipolar disorder, attention deficit hyperactivity disorder, epilepsy, or we even disobedient and naughty children; is thought to be the cause or etiology is most important to him genetics, but we must not forget that the display changes between each person with autism.

What important information I should do as a parent of a newborn infant, or a child attending elementary or preschool? Adequate monitoring by the pediatrician, my child develop properly and make known children, who from the beginning have breast feeding, to present its social laughter and make your thanks to crawl and then walk to the old you corresponds to speak well from the beginning, that sociabilice, do not hit or let it constantly stick together, not having negations or religious views, because these children require multidisciplinary management and exceptional care parents.

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## Conflicts of interest

Author declares that there is no conflicts of interest.