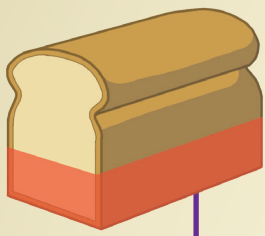


Autism, Allergies, and the Immune System

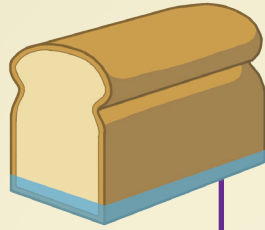
Individuals with autism spectrum disorder (ASD) are vulnerable to food and seasonal allergies as well as disruptions of the immune system. Research suggests that 36% of children with ASD have food allergies. So what is the link?

Food Allergies & Sensitivities



36%

of children **with** autism have food allergies



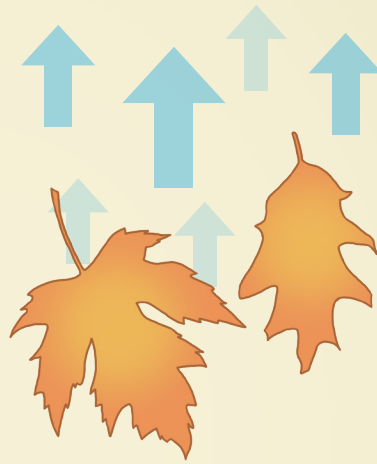
5-8%

of children **without** autism have them¹

The difficult to manage behaviors associated with ASD can be **exacerbated** by reactions to food allergens or intolerance for certain foods.

Seasonal Allergies

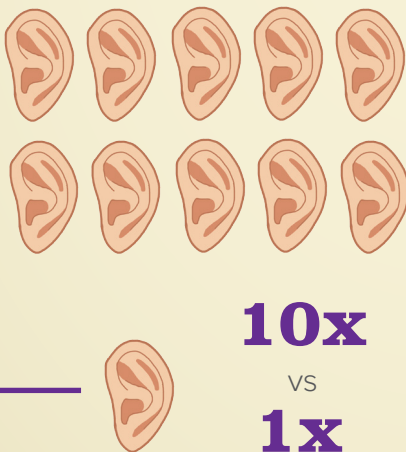
Asthma rates rose **28%** between 2001 and 2010² in a similar trajectory to the rise in autism rates.



Seasonal allergies and asthma can be difficult to manage for those with ASD. Both symptoms and medication side-effects can increase maladaptive behavior.

Ear Infections

Children with autism have **10 times more ear infections** in the first three years than do neurotypical children.³

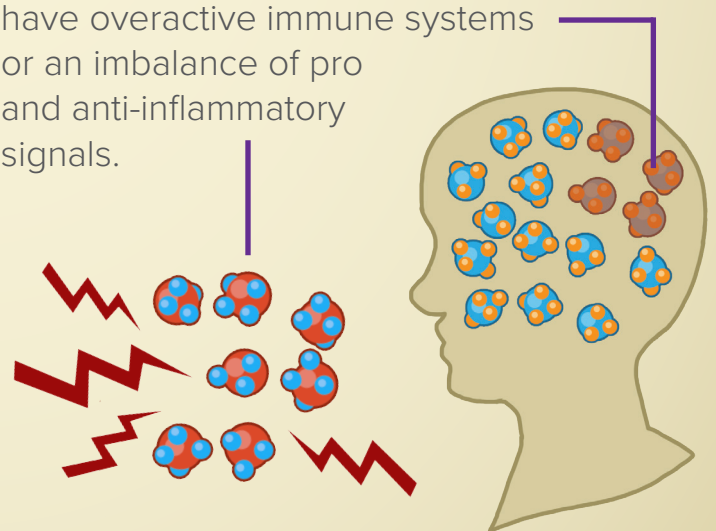


10x
vs
1x

Can lead to overuse of antibiotics as well as an increase in behavioral issues due to pain from the infection.

Immune System

Individuals with ASD may also have overactive immune systems or an imbalance of pro and anti-inflammatory signals.



For more information, visit focusforhealth.org