



Health Promoting psychotropic medication use in persons with autism

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Medication use tendencies

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- Large quantities of unmonitored supplements
- Medications used in ways they were never intended and which are not safe, combined with...
- Abbreviation of monitoring protocols

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If the basic problems are the amygdala and the firestorms that result from it, what could be the results...?

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- Irritability in the brain; like the excessive static electricity before or in the early part of a seizure
- The complications of this, which include fatigue, a tendency to depression, and tendency to non-restful sleep
- The late medical complications of this, which will be listed in the medical complications section

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**So the medications which are usually health promoting, are**

- Non toxic antiepileptic medications
- Antidepressants
- Medications and carefully selected AND MONITORED supplements which address carefully diagnosed individual physiologic issues

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**Medications which are usually used for sedation and restraint include**

- Antipsychotic medications (ie Risperdal)
- Alpha blockers (ie clonidine, Tenex)
- Beta blockers (ie propranolol)
- Unmonitored high dose supplements (ie, chromium)

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**Antipsychotic medications are designed to:**

- Reduce the amount of input the brain can receive
- Dull the intensity of the incoming stimuli
- Reduce the capacity of the brain to respond to incoming stimulation

(which helps quite a lot if you have a permanent gating deficit)

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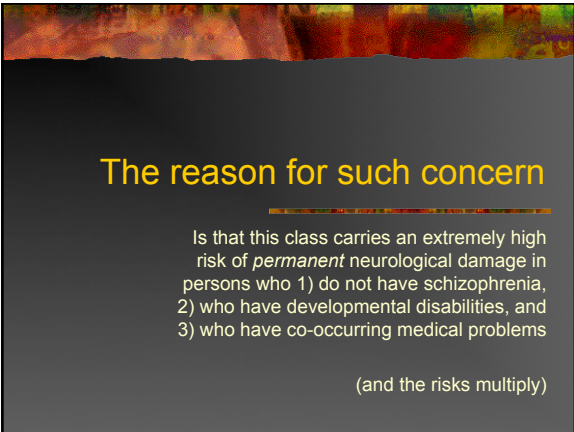
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## The reason for such concern

Is that this class carries an extremely high risk of *permanent* neurological damage in persons who 1) do not have schizophrenia, 2) who have developmental disabilities, and 3) who have co-occurring medical problems

(and the risks multiply)

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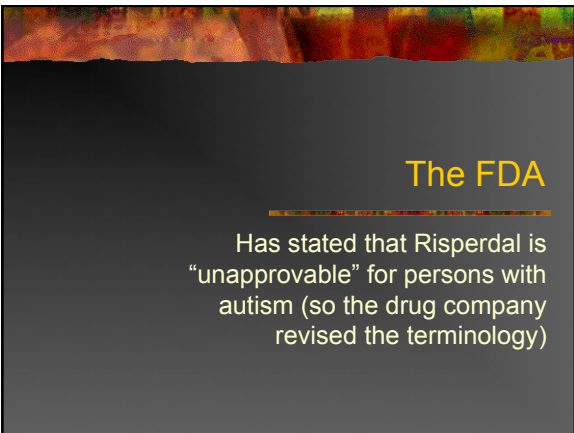
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## The FDA

Has stated that Risperdal is “unapprovable” for persons with autism (so the drug company revised the terminology)

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## So why use these

When there are safer and more effective alternatives???

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## Some ideas

For medications which treat amygdaloid irritability and facilitate treatment of pain without causing sedation (when used properly)

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## oxcarbazepine

- Lupus like syndrome
- Regular testing for leukocytopenia?

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## topiramate

- Weight loss
- Glaucoma
- Paresthesia
- nephrolithiasis

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## lamotrigine

- Stevens Johnson Syndrome; level of caution and responsiveness varies by clinician
- Start low, go slow

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## Some ideas

For medications which treat depression and anxiety without causing sedation when used properly

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## Bobby

- 26 year old flower enthusiast
- Referred for evaluation of extreme self-mutilation

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## Use of naltrexone?

- SIB not usual causes
- All sources of pain treated
- Intoxication, euphoria and pupillary constriction
- Elevated CSF endorphins
- Regular timing of SIB, regardless of activity
- Physical withdrawal when stopped
- Family history narcotics or alcohol misuse

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## Antidepressants

- SSRI's
- Avoid Wellbutrin
- Don't use lithium for augmentation

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## Antianxiety

- Buspar (yes, Buspar)
- Some antidepressants
- Gabitril
- Keppra (specific situations)
- Neurontin
- Zonogran

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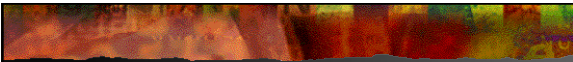
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**“Premature Pharmaculation”**  
Suzanne TPV Sundheim MD

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**Antipsychotic medications (the extreme view)**

- Schizophrenia
- Psychosis due to other causes when the other cause is being treated fully
- Extreme tics of Tourette Syndrome
- Porphyria emergencies (phenothiazines)

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**Other untoward reactions**

- Manic irritability with antidepressants
- Cognitive and physical performance impairments with alpha blockers, beta blockers, and antipsychotics
- Sleep problems from alpha and beta blockers
- SIADH with Paxil
- Cocaine-like effect from stimulants
- Memory and mood issues from benzodiazepines

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## Unusual drugs/unusual uses

- Stimulants in epilepsy
- Vitamin B6 for some forms of epilepsy
- Ketogenic diet
- Oxygen for migraine
- Thiamin/diamox protocol
- Neurontin for pain
- Wellbutrin for diminished sex drive
- Analgesics for pruritis
- Low dose bromocriptine
- EEG anesthesia; enflurane

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Would I pay someone to  
prescribe this for me?

Or anyone else I care about?

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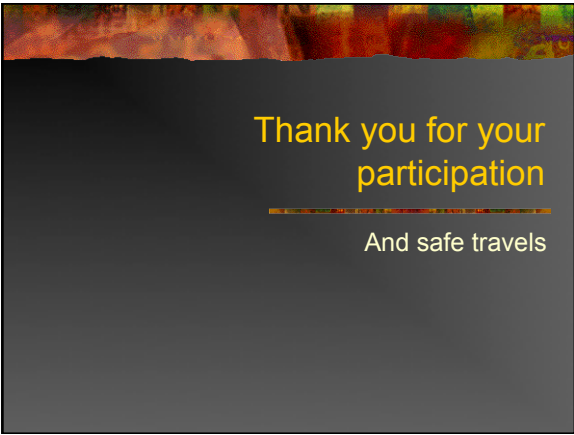
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