

# Dental Caries Experience among the Children with Autism Spectrum Disorder in 3-15 Years

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## ABSTRACT

**Introduction:** Dental caries remains the most prevalent, unmet health care need for children with special health care needs such as autism spectrum disorder. This study was carried out to help in providing a baseline data to enable comparison and future planning of dental services for autistic children.

**Objective:** The study aims to evaluate the oral health status among the 3-15 years old children with Autism Spectrum Disorder in Kathmandu.

**Methods:** A cross sectional study was done among 80 autistic children of age 3-15 years. Dental caries was measure by Decayed, Missing and Filled teeth. Data was entered and analyzed in SPSS.

**Results:** The prevalence of the dental caries was found to be 66.3% (53) with mean dmft of  $3.60 \pm 3.71$  and DMFT of  $0.51 \pm 1.78$  among children with Autism Spectrum Disorder. Caries prevalence was higher in females compared to males. Among the carious teeth 94% were untreated.

**Conclusions:** The prevalence of dental caries was high in children with Autism Spectrum Disorder with higher percentage of untreated decays, which emphasizes the need for immediate preventive as well as curative interventions.

**Keywords:** Autism Spectrum Disorder; dental caries; untreated dental caries.

## INTRODUCTION

Autism or Autistic Spectrum Disorder (ASD) was first described in 1943 by Dr. Leo Kanner as a pervasive developmental disorder.<sup>1</sup> It refers to complex neurodevelopmental disorder that include impairments in social communication, maintaining social interaction, and a range of restricted repetitive behaviors (RRBs).<sup>2</sup>

ASD typically presents during the first three years of life and usually affects males more than females. Recent estimates by the World Health Organization show that the global prevalence of ASD is 1:160 people,<sup>3</sup> while there

is no exact data in Nepal but Autism Care Nepal Society (ACNS) estimates that there are 250,000 to 300,000 people with Autism (PWAs) in Nepal (ACNS, 2015).<sup>4</sup>

Autism population experience few unusual oral health conditions, such as pouching of food, bruxism, self-injuries and are at a higher risk for poor oral health throughout their lifespan.<sup>5</sup> Few studies reported a higher prevalence of caries,<sup>6,7</sup> others reported lower rate of caries,<sup>7,8</sup> while some showed no association between risk of caries and ASD.<sup>9,10</sup> However, organized oral health care for individual with special need is not yet established in Nepalese population. Therefore, this study was conducted to describe the caries experience among children with ASD whose findings can be used as baseline for appropriate planning in their oral health services.

## METHODS

A cross-sectional study was conducted for three months from January to March of 2022 in two autistic centers of Kathmandu using convenient sampling. Ethical approval for this study was obtained from the Institutional Review Committee, (Ref: 2/202) Kantipur Dental College and

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**Elizabeth Strickland**



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natural products and diet could influence and offer protection to neuronal dysfunction that occurs due to ASD The neuroprotective effects of various fruits vegetables nuts and seeds phytochemicals and other natural bioactive ingredients against ASD and related conditions are discussed Topics such as the possible neuroprotective mechanism of action of these foods and the therapeutic role of antioxidants in relation to ASD are addressed This book also highlights the scope of using anti inflammatory agents and antioxidants to promote neurogenesis and improve other symptoms in ASD It emphasizes personalized nutritional approaches with dietary management of neurodevelopmental disorders ASD cases Information in this book is relevant to researchers in the field of complementary and alternative medicine nutraceuticals neuroscience agriculture nutrition and food science This volume is beneficial to students of varying levels and across multiple disciplines

**Guide To Autism And Diets** Susan Zeppieri ,2022-10-25 Nourishment assumes a huge part in one s wellbeing and development The soundness of babies kids and moms can all profit from better nourishment as could the probability of creating non transmittable sicknesses at any point like diabetes and cardiovascular illness as well as the time span they live The fundamental advantage of any unique eating regimen is typically the abatement or disposal of handled pre bundled feasts like those with dyed flour refined sugar fake flavors varieties and additives All in all changing to a more regular eating regimen is related with better wellbeing results *Dealing with an Autism Diagnosis* Susan Zeppieri ,2021-11-29 Healthy Diet for Autism Children is an informative book on the top foods that should be included in the diet the different types of diets and many other issues related to the digestive health of children with autism The book also has a section on understanding the relations between diet and autism There is also a section on various snack ideas and a section on the use of fish oil supplements in the diet of children with autism This eBook gives a step by step guide to understanding the relationship between diet and autism It contains information on relevant topics such as best diets for children with autism digestive food sensitivity and other digestive issues and understanding the correlations between diet and autism It also includes snacks and ideas for children with autism **HERE S WHAT MAKES THIS BOOK SPECIAL** What Exactly is the autism spectrum disorder Understanding Relations Between Diet Autism Autism Diet What Is It and How Does It Work Transition Your Child s Diet to A Healthier One Best Diets for Autism Children Much much more *Nutrition & Autism: Foods That Help, Foods That Harm* PsyForU Editorial Collective ,2025-10-18 Description Food and nutrition play a powerful role in the health behavior and daily life of children with autism From picky eating to gut health parents often struggle to find the right diet strategies that truly support their child s needs This essential guide breaks down the science into simple parent friendly advice helping you make confident food choices that improve your child s well being Inside this book you ll discover Common eating challenges in autism and how to overcome them The role of gut health and how to support it with food Foods that boost focus calm and overall health Foods to avoid including sugar additives and processed meals Special diets explained including gluten free and casein free GFCF approaches Nutritional supplements that may help and when to use them safely

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**Mandatory Disclosures Disclaimer Purpose of Publication** This book is designed to educate and inform parents caregivers and educators about the relationship between nutrition behavior and well being in children with autism spectrum disorder ASD It offers general dietary insights evidence summaries and practical meal ideas intended to promote healthful routines at home It is not a medical or nutritional prescription and should never replace consultation with qualified healthcare professionals such as pediatricians dietitians or clinical nutritionists

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critical for those with ASD A well balanced diet can help support brain development improve mood and enhance cognitive function Research indicates that certain dietary interventions may alleviate some symptoms associated with autism such as gastrointestinal issues hyperactivity and behavioral challenges This book summarizes the recent knowledge and science behind nutrition requirements and challenges of children on the autism spectrum as well as strategies to improve autism symptoms related to diet and improve children s food acceptance *Food Refusal and Avoidant Eating in Children, including those with Autism Spectrum Conditions* Gillian Harris,Elizabeth Shea,2018-07-19 A guide for parents and professionals working with children with autism who have a restricted dietary range It helps the reader to understand the behaviour and work with it in order to gradually increase the range of food a child will eat Informative and accessible the book helps manage selective eating in all its manifestations **Eating for Autism** Elizabeth Strickland,2009-04-28 What your child eats has a major impact on his brain and body function Eating for Autism is the first book to explain how an autism Asperger s PDD NOS or ADHD condition can effectively be treated through diet Eating for Autism presents a realistic 10 step plan to change your child s diet starting with essential foods and supplements and moving to more advanced therapies like the Gluten Free Casein Free diet Parents who have followed Strickland s revolutionary plan have reported great improvements in their child s condition from his mood sleeping patterns learning abilities and behavior to his response to other treatment approaches Complete with 75 balanced kid friendly recipes and advice on overcoming sensory and feeding skill problems Eating for Autism is an essential resource to help a child reach his full potential Nutritional Assessment of Children with ASD (autism Spectrum Disorder) Elzbieta Nesbit,2006 *The Personalized Autism Nutrition Plan* Julie S. Matthews,2025-03-18 Create the right diet to support your child with autism or other neurodevelopmental delays through this step by step guide to optimal nutrition for their unique needs If your child with autism spectrum disorder struggles with common symptoms such as irritability anxiety stimming or gastrointestinal upset you are not alone and you are not powerless to help This groundbreaking book offers the first personalized approach to help improve these disruptive symptoms through your child s diet supplying you with the information and resources you need to holistically help them thrive Certified nutrition consultant Julie Matthews pairs more than 20 years of clinical experience with practical advice and an attainable and adaptable 12 step plan for effectively addressing the symptoms of autism spectrum disorder ADHD ADD Tourette s syndrome Down syndrome learning delays anxiety aggression and defiant disorders Matthews illustrates the underlying biochemical factors that cause these symptoms and explains how therapeutic diets and nutritional supplements can have profound benefits for your child s body and brain This scientifically proven program includes Common and impactful diets to implement Adjustable daily meal plan ideas for each diet Detailed lists of key foods and nutritional supplements 50 nourishing and picky eater approved recipes Symptom questionnaires for determining the right diet Just as every child with autism spectrum disorder is unique there is no one size fits all diet recommendation The Personalized Autism Nutrition Plan

is tailored yet flexible empowering you with tools to drastically improve your child's well being and help them thrive with food as medicine

Children with Starving Brains Jaquelyn McCandless, 2003 Children with Starving Brains is a message of hope in the midst of a worldwide epidemic of autism ADD and ADHD This is the first book written by an experienced clinician that gives a step by step treatment guide for parents and doctors based on the understanding that ASD is a complex biomedical illness resulting in significant brain malnutrition Genetic susceptibility activated by triggers such as pesticides and heavy metals in vaccines can lead to immune system impairment gut dysfunction and pathogen invasion such as yeast and viruses in many children Dr McCandless whose grandchild with autism has inspired her broad spectrum approach describes important diagnostic tools needed to select appropriate treatment programs Her book explains major therapies newly available and identifies safe and effective options for parents and physicians working together to improve the health of these special children Book jacket

*Can't Eat, Won't Eat* Brenda Legge, 2002 This book offers supportive information and suggestions on children with Asperger syndrome or autism who refuse to eat

Nutritional Supplement Use for Autistic Spectrum Disorder Jon B. Pangborn, 2013-01-15

*The Un-Prescription for Autism* Janet Lintala, Martha Murphy, 2016-04-01 Your child deserves to get a good night's sleep be in a good mood and feel their best like any other child Award winning author speaker mom and clinician Dr Janet Lintala details how to help your constipated irritable sleep deprived autistic child You've known something was missing from your approach to support your autistic child and now you have the protocols to help your child sleep better feel better behave better and be ready to connect with the world and learn In *The Un-Prescription for Autism* Dr Lintala explains how supporting overlooked conditions appropriately can bring transformative results in areas including Constipation Diarrhea Acid reflux Irritability Aggression Night awakenings *The Un-Prescription for Autism* provides hundreds of research citations clear explanations detailed protocols and stories from Dr Lintala's clinic to help parents act quickly to restore their child's health self control and language paving the way for reaching their full potential

*Special Diets for Special Kids, Two* Lisa Lewis, Lisa S. Lewis, 2001 Dr Lewis clarity and common sense approach to gluten free and casein free diets is expanded into a second volume offering even more recipes highly appreciated by the readers of her first book *Special Diets for Special Kids*

*Autism: Exploring the Benefits of a Gluten- and Casein-Free Diet* Paul Whiteley, Mark Earnden, Elouise Robinson, 2014 Autism represents one of the biggest health challenges facing children today Whilst experts around the globe strive to unravel and truly understand how autism develops and presents itself relatively little is still known about the condition Meanwhile strong evidence has emerged that the diet in children on the autistic spectrum can have a significant role to play in the management of their symptoms A growing body of research reveals that some challenging characteristics present in autism may be positively affected by the introduction of a gluten and casein free GFCF diet *Autism Exploring the benefits of a gluten and casein free diet* offers an easy to read alternative to sifting through the science Written by experts in autism research food nutrition and dietetics the book cuts through the

science speak to offer readers a no nonsense overview of diet and autism together with a range of useful recipes and handy hints for making mealtimes fun for children with autism and related conditions      **Dietary Intake of Children with Autism Spectrum Disorder (ASD) Enrolled in a Summer Camp** Katelynn H. Maclin, 2017



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