Developmental Disabilities: CHE Call
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The Whole Child Center is a revolutionary pediatric practice.

Our mission is to provide children and families with high-quality, state-of-the-art integrative and ecologically sustainable healthcare.

www.wholechildcenter.org
Integrative Medicine

- Integrative
- Preventive
- Eco-sustainable
- Context-centered
- Relationship-based
- Personalized
- Participatory

wholechildcenter.org/whole-child-medicine
Defining Developmental Disabilities

*What we see = What we label and treat*
Integrative assessment

- Interview/history, exam ("taking a history" vs. listening to a story)
- Review prior lab work and evaluations
- Genomics/Epigenetics
- Environmental factors
- Nutritional
  - Food allergies/sensitivities and special diets
  - Vitamins, minerals, EFAs, AAs
- GI: microbiome/dysbiosis, enzymes/malabsorption, inflammation/"leaky gut"
- Metabolomics: methylation, sulfation, oxidative stress, detoxification, mitochondrial dysfunction
- Immune dysregulation: acute/chronic infections (PANDAS/PANS)
- Hormonal: oxytocin, testosterone/estrogen, thyroid, adrenal
- Neurotransmitters: excitatory and inhibitory, neuro-gut-immune connections
Integrative treatment

- Food
- Activity
- Rest
- Nature
- Mindfulness
- Creativity
- Connection

Life
Hot topic: Psychobiotics

- The Microbiome
- Gut-Brain Axis
- Psychobiotics

Psychobiotics references


We must be willing to ask the questions and listen to the stories – spend at least as much time on the evaluation phase as the treatment phase.

Establishing the relationship is a key part of the therapeutic process.

Be aware of the environmental context of symptoms.

Mindfully select investigation and therapeutic strategies, with respect to risk and benefit (safety, efficacy, cost-effectiveness). Think lifestyle first, and proceed with selective use of integrative therapies.

Be realistically optimistic.

Communicate with the family, plan early and regular follow up.

Communicate with the health care team. Be open to collaboration.
For further reading...

- Dr. Scott Shannon: *Mental Health for the Whole Child; Parenting for the Whole Child*
- Dr. Kathi Kemper: *Mental Health, Naturally*
- Dr. Martha Herbert: *The Autism Revolution*
- Dr. Dzung Vo: *The Mindful Teen*