

# AUTISM SPECTRUM DISORDER

## 5 Target Symptoms and their pharmacological choices:

### ➤ **Sleep**

- Melatonin, Clonidine, low dose Quetiapine

### ➤ **ADHD – symptoms** (attention/focus)

- Usual ADHD Meds Biphentin, Concerta, Vyvanse, Strattera

### ➤ **Anxiety** (Could include but not limited to: speech, behavior, food, play, routine, compulsion, worries, excessive need for reassurance)

- SSRI medications; sometimes Benzodiazepines but be careful of paradoxical effect

### ➤ **Cognitive Rigidity** “stuckness” (eg. Difficulty switching from activity to a different activity)

- Aripiprazole, Risperidone

### ➤ **Aggression** towards self or others (includes meltdowns)

- The behaviour that is seen by people but it usually originates out of Anxiety or Cognitive Rigidity
  - Aripiprazole, Risperidone, Quetiapine, Olanzapine, Clonidine, Valproic Acid

We need to look at what of the above symptoms we want to target. Sometimes we use medications to treat target symptoms. Alternatively or in conjunction; education/information, parent supports and behavioral help (new skills) can be utilized.