

Πρόγραμμα Μεταπτυχιακών Σπουδών Εξειδίκευσης
Του Τμήματος Ελληνικής Φιλολογίας του Δημοκριτείου Πανεπιστημίου Θράκης
σε συνεργασία με το
ΕΚΕΦΕ Δημόκριτος – Ινστιτούτο Πληροφορικής και Επικοινωνιών
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της ένταξης»

ΑΥΤΙΣΜΟΣ ΚΑΙ ΔΙΑΤΡΟΦΗ

AUTISM AND NUTRITION

της
Παπαδάτου – Κοντού Διονυσίας

Μεταπτυχιακή διατριβή που υποβάλλεται
στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του
Προγράμματος Μεταπτυχιακών Σπουδών Εξειδίκευσης
του Τ.Ε.Φ – Δ.Π.Θ. σε συνεργασία με το Ε.Κ.Ε.Φ.Ε. Δημόκριτος – Ινστιτούτο
Πληροφορικής και Επικοινωνιών
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ένταξης»

Η τριμελής επιτροπή:

1. ΑΘΑΝΑΣΙΟΣ ΔΡΙΓΚΑΣ
ΕΡΕΥΝΗΤΗΣ Α΄ ΒΑΘΜΙΔΑΣ– Ε.Κ.Ε.Φ.Ε. «ΔΗΜΟΚΡΙΤΟΣ»
2. ΖΩΗ ΚΑΡΑΜΠΑΤΖΑΚΗ
ΣΥΝΕΡΓΑΖΟΜΕΝΗ ΕΡΕΥΝΗΤΡΙΑ Ι.Π.Τ. Ε.Κ.Ε.Φ.Ε. "ΔΗΜΟΚΡΙΤΟΣ"
3. ΑΓΑΘΗ ΣΤΑΘΟΠΟΥΛΟΥ
ΣΥΝΕΡΓΑΤΙΔΑ ΕΡΕΥΝΗΤΡΙΑ Ι.Π.Τ. Ε.Κ.Ε.Φ.Ε. "ΔΗΜΟΚΡΙΤΟΣ"

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Περίληψη

Τις τελευταίες δεκαετίες, ολοένα και περισσότερο γίνεται λόγος για τις δυσλειτουργίες που παρουσιάζουν τα παιδιά μετά τη γέννησή τους. Οι ερευνητές πραγματοποιούν μια σειρά από μελέτες που αφορούν τον αυτισμό, όπως και τα συμπτώματα που οδηγούν τον ειδικό ιατρό να διαγνώσει ότι κάποιοι άνθρωποι βρίσκονται στο φάσμα του αυτισμού. Στη παρούσα μελέτη παρουσιάζονται έρευνες από σημαντικούς ερευνητές, οι οποίοι αποδεικνύουν ότι υπάρχουν κάποιοι παράγοντες, που επηρεάζουν αρνητικά ή θετικά τα άτομα τα οποία βρίσκονται στο φάσμα του αυτισμού. Έχει παρουσιαστεί ενδιαφέρον για τον αυτισμό τα τελευταία 70 χρόνια· ένα μέρος των αυτιστικών παιδιών παρουσιάζει κάποιο βαθμό νοητικής υστέρησης. Ένα άλλο μέρος εμφανίζει φυσιολογικό, έως και υψηλό δείκτη νοημοσύνης και ένα άλλο εμφανίζει υψηλές ικανότητες σε τομείς, όπως τα μαθηματικά, η φυσική ή τη μουσική.

Πιο συγκεκριμένα, στη παρούσα μελέτη γίνεται λόγος για τη δίαιτα χωρίς γλουτένη – καζεΐνη (GFCF), η οποία βοηθάει στην κοινωνική αλληλεπίδραση, τη βλεμματική επαφή και τη βελτίωση της συμπεριφοράς του παιδιού. Οι γονείς καλούνται να συμπληρώνουν τα ανάλογα ερωτηματολόγια, προκειμένου να αποδεικνύεται και εγγράφως ότι υπάρχει η συγκατάθεσή τους στην έρευνα και στη θεραπεία που θα πραγματοποιηθεί.

Στη συνέχεια, παρουσιάζεται ο ρόλος της ζάχαρης στη ζωή των ανθρώπων, είτε τυπικής ανάπτυξης, είτε ατόμων με ASD. Μέσα από έρευνες που έχουν γίνει, φαίνεται ότι η ζάχαρη υπάρχει σε τροφές που δεν μπορεί να φανταστεί ο ανθρώπινος νους και επιφέρουν αρνητικές επιπτώσεις στον οργανισμό. Επιπροσθέτως, πολύ σημαντικό ρόλο στον αυτισμό έχουν οι βιταμίνες-συμπληρώματα και τα βαρέα μέταλλα. Υπάρχουν έρευνες που αποδεικνύουν μέσα από θεραπείες και πειράματα τις επιπτώσεις στα παιδιά και ειδικότερα σε αυτά που έχουν διαγνωσθεί με αυτισμό. Συγκεκριμένα, η ανεπάρκεια κάποιων βιταμινών – συμπληρωμάτων μπορεί να οδηγήσουν σε πολύ βλαβερές συνέπειες για τον οργανισμό.

Παράλληλα, ένας σημαντικός παράγοντας ο οποίος μπορεί να επηρεάσει το άτομο ακόμα και πριν τη γέννησή του είναι το περιβάλλον. Οι περιβαλλοντικοί παράγοντες

επιδρούν αρνητικά στον αυτισμό ακόμα και κατά τη διάρκεια κύησης της μητέρας. Μπορεί να παρουσιαστεί δυσλειτουργία στο έμβρυο είτε από ατμοσφαιρικούς ρύπους, είτε από κάποιο τρόφιμο το οποίο δεν έχει πλυθεί καλά κ.α. με αποτέλεσμα να υπάρξει δυσλειτουργία σε κάποιο χρωμόσωμα. Έχει αρχίσει στο εξωτερικό να γίνεται γνωστή, η φωτοθεραπεία με λέιζερ στο κεφάλι η οποία βοηθάει τα παιδιά με αυτισμό. Στην Ελλάδα υπάρχουν κάποιοι μελετητές οι οποίοι ασχολούνται με τη θεραπεία του υπέρυθρου φωτός.

Τέλος, και σύμφωνα με όλα τα παραπάνω, θα ακολουθήσει μια σειρά από έρευνες που αποδεικνύουν πως υπάρχουν παρεμβάσεις για τον αυτισμό αρκεί εμείς να είμαστε έτοιμοι να αποδεχτούμε το πρόβλημα και αυτό που συμβαίνει και στη συνέχεια να αντιμετωπιστεί.

Abstract

The last few decades, dysfunctions that children develop after their birth are increasingly discussed. Researchers are conducting a series of studies, regarding autism and the symptoms that make a specialized doctor diagnose that some people are in the range of it.

At the present research, studies are being presented by important researchers who prove that there are some factors that can influence people in the range of autism, positively or negatively.

Interest has been shown about autism the last 70 years. Apart of autistic children displays mental disablement. Another part, displays normal to high Intelligence Quotient and another one displays high skills in fields, such as math, physics or music. In some cases, they can even display epilepsy.

More specifically, gluten-free diet is also being discussed – casein (GFCF), which helps with social interaction, eye contact and the improvement of the child's behavior. Parents are being asked to fill in the corresponding questionnaires in order for their approval, of the research and the treatment that is going to be used, to also be in written form.

Afterwards, the role of sugar is being presented, on people's lives. On people of ordinary growth or individuals suffering from ASD. Through researches, sugar seems to be in food that people could never imagine it would be and bring negative consequences upon the organism. Moreover, vitamin-supplements and heavy metals, greatly contribute to autism. There are studies that through experiments and treatments prove their impact on children and in particular on children diagnosed with autism. Namely, deficiency of certain vitamin-supplements can lead to really harmful repercussion for the organism.

In addition, a significant factor that can affect a person even before his birth is the environment. Environmental factors have adverse influence on autism, even during pregnancy. Dysfunction is possible to appear on the fetus either from air pollutants, or from food, which has not been well rinsed etc. so that a chromosome anomaly happens. Abroad, laser phototherapy on the head, which helps children with autism, is becoming popular. In Greece, some researchers work on the infrared light therapy.

In conclusion and accordingly with all the above-mentioned a series of researches will follow, that will prove that therapies for autism exist, as long as we are ready to accept the problem and deal with it.

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