

June 1st Guest : Dr. Kathy Ferraro

Conversation: ADHD and Autism

ADHD is an increasingly common childhood condition, affecting social development, mood, and academic performance. This developmental condition is becoming increasingly prevalent in our young population. ADHD is often found together with other developmental conditions such as Autism, OCD and Tic disorders. Pharmacologic interventions like Methylphenidate and other stimulant medications can control many of the symptoms of ADHD. In addition to treating the symptoms, beneficial effects on mood and self-esteem have been associated with lower suicide rates in at risk children. Autism Spectrum Disorder presents a more complicated picture. Children on the Autism spectrum are often less likely to respond well to Methylphenidate. In this subset of patients with both Autism and ADHD, identifying and treating underlying biomedical conditions that are contributing to developmental delay can be a valuable adjunct to care. It is important to rule out thyroid conditions, nutrient deficiencies, lead exposure, antibodies to food components and other contributing causes. Finally, in addition to controlling environmental factors, herbal therapies like Bacopa and Saffron and supplementation with Omega Three fatty acids, and other nutrients can be helpful in mitigating the symptoms of ADHD.

Dr. (Katarzyna) Kathy Ferraro graduated with Honors from Franklin and Marshall College in Lancaster, Pa and then received her medical degree from the Penn State College of Medicine. She completed her internship and residency at York Hospital in Emergency Medicine. She practiced Emergency Medicine for 12 years. While caring for many patients in the ER, she began to see the need to help people avoid and better manage chronic medical conditions. Her personal life also became challenging with the birth of her second child, who was diagnosed with pervasive developmental disorder, an autism spectrum disorder. Dr. Kathy developed an interest and passion for integrative medicine as the result of these experiences and has pursued that fully.

Dr. Kathy now runs a medical practice in Carlisle, Pennsylvania. She manages and delivers personalized care, focusing on functional medicine and the treatment of children on the autism spectrum. She is double board-certified in Emergency Medicine, and by the American Board of Integrative Holistic Medicine. Dr. Kathy is also a licensed medical acupuncturist and uses many tools to care for her patients, including: frequency specific microcurrent, mild hyperbaric oxygen therapy and low level light therapy.



THE VORTEX

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