

一、 自閉症之診斷

自閉症是一種嚴重的發展障礙，屬於Autism spectrum disorder中最嚴重的一項，另外還有pervasive developmental disorder – not otherwise specified (PDD-NOS)和Asperger syndrome。主要的障礙是認知的發展困難，表現出來的症狀主要是言語發展障礙以及社交發展障礙。

自閉症診斷的方式最主要是依據下列幾項：

- a. Early onset (prior to age 3 years)
- b. Severe abnormality of social reciprocity and communication development (often including spoken language)
- c. Restricted, repetitive and stereotypical patterns of behavior, interest, and imagination

二、 自閉症臨床症狀

- a. Interpersonal skill weaknesses
- b. Delay verbal and nonverbal communication
- c. Restricted interests and activities
- d. Repetitive behavior
- e. Cognitive impairment
- f. Behavior symptoms: Temper tantrum, impulsivity, agitation, self injury
- g. Psychiatric illness: anxiety disorder, ADHD, obsessive-compulsive disorder, schizophrenia especially after adolescents
- h. Seizure

三、 自閉症的流行病學

- a. 自閉症的盛行率約為 10~20:10000，自閉症兒童的兄弟姊妹有較高的機會患有自閉症，機率為 3~5%。自閉症孿生子研究顯示同卵孿生胞同時有自閉症的可能性比異卵孿生的高，同時有自閉症的比率有 60%。
- b. 男性兒童有自閉症的機會被女性高，一般大約是 3.7:1。然而女性患者的症狀較為嚴重。

四、 自閉症與口腔表徵

- 通常有異常的口腔習癖時，易有咬耗、磨耗。
- 常舔口唇周圍者→發炎或潰瘍。
- 自傷行為一口唇裂傷、牙齒外傷。
- 易偏食，視偏食種類而有不同的口腔疾病。
- 年輕時齲齒不嚴重，但增齡後會嚴重化。
- 大約有 90% 的自閉症患者有腸胃道問題，如：胃食道逆流、
- 藥物的使用與牙科相關副作用：

Xerostomia, sialorrhea, stomatitis, hematology condition
(carbamzepine, methylphenidate, risperidone, valproate)

五、 自閉症的治療

- 不易適應牙科門診環境：亮光，機器聲，不喜歡被觸碰。
- 耐心、愛心、恆心。
- 反覆教導及示範使適應。
- 從最簡單的、最令小孩安心的工作先做起。
- 以全身麻醉進行牙科整體治療，或以笑氣鎮定進行門診治療。

六、 兒童牙科醫師在牙科看診中應注意的事項

- Provide prediction: Tell the patient what you are going to do or how you are going to touch them before you do.
- Provide firm touch.
- Leave the x-ray drape over the patient for the duration of treatment for sensory input. A weighted blanket is often calming to an individual with autism.
- Distract the patient with something else like a visual toy or a video while doing something unpleasant.
- Place your hand on the forehead while working in the mouth to provide pressure.
- Complete some oral motor exercises or massage to reduce sensitivity.
- Some patients may tolerate a vibrating toothbrush rather than a regular toothbrush
- Experiment with different toothpastes. People with autism may be intolerant to certain tastes.
- Avoid wearing strong smelling perfume or aftershave when treating the client, as many people with autism are hypersensitive to smell.