

The Synapse

Monthly updates from Plexus

October 2020



From the Director's desk

Stem Cell Therapy — the mere mention of this treatment may raise many questions in your mind. Is it safe? Are there any side effects? Is the procedure ethical? Is it affordable and accessible to all? I can help answer all your questions and put your doubts to rest. Perhaps reading the personal experience of a patient that has successfully undergone Stem Cell Therapy, or a professional that provides this treatment, is something that you are interested in? At Plexus, we have got both in abundance.

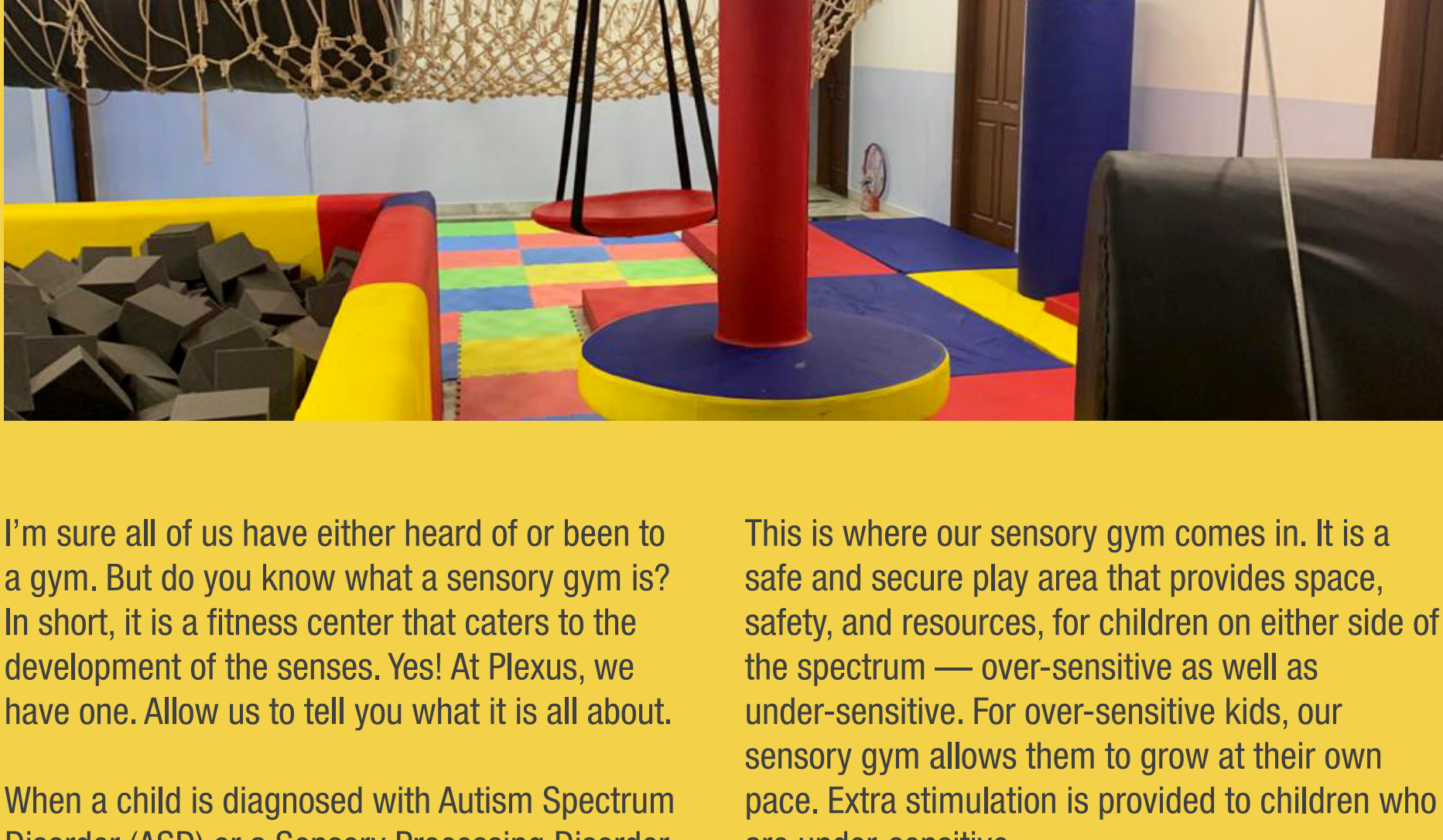
As a seasoned professional who has been offering Stem Cell Therapy as a treatment for neurological disorders for more than 30 years, I have no hesitation in saying that it has revolutionized the way progressive neurological diseases are treated. Even an injury to your knee can be healed within weeks through Stem Cell Therapy.

I welcome you to visit one of our centers or make an online consultation. My team and I will be happy to answer any questions you may have about this remarkable treatment. Our doors are always open.

Stay informed. Stay safe.

Dr Na'eem Sadiq
Founder

Plexus insider



I'm sure all of us have either heard of or been to a gym. But do you know what a sensory gym is? In short, it is a fitness center that caters to the development of the senses. Yes! At Plexus, we have one. Allow us to tell you what it is all about.

When a child is diagnosed with Autism Spectrum Disorder (ASD) or a Sensory Processing Disorder (SPD), the parents have to deal with a different set of challenges altogether. Children suffering from Autism can either be over-sensitive to touch, light, sound, or even certain foods, or under-sensitive to such stimulation. Any change in their environment may result in severe distress, delaying the child's sensory integration development and causing stress to the parents. In short, it can be a herculean task for parents of autistic children to manage their exposure to various stimuli.

This is where our sensory gym comes in. It is a safe and secure play area that provides space, safety, and resources, for children on either side of the spectrum — over-sensitive as well as under-sensitive. For over-sensitive kids, our sensory gym allows them to grow at their own pace. Extra stimulation is provided to children who are under-sensitive.

We are happy to report that over 1000 children have, to a great extent, overcome their sensory disabilities at our unique sensory gym. And it is not just Autism that it caters to. Children with Attention Deficit Hyperactivity Disorder (ADHD), Disorders of Behavior and Conduct, Mood Disorders, Learning Disabilities, Developmental Dyspraxia have benefitted from the services provided at our sensory gym!

Behind the scenes

Happy faces and healthy bodies:
The Plexus way of life.

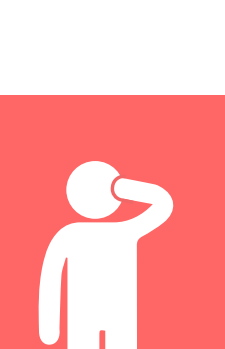


Story of the month

8-year-old Mohd Rayan, a resident of Bangalore, has been suffering from Autism Spectrum Disorder (ASD). After a detailed assessment at Plexus, it was established that Rayan was a restless/hyperactive child with poor listening skills, lacked attention while performing tasks, faced difficulty in following commands, and had inadequate social skills. Rayan underwent Stem Cell Therapy and Occupational Therapy for the treatment of ASD. At the end of the program, his discharge card revealed the following progress markers:



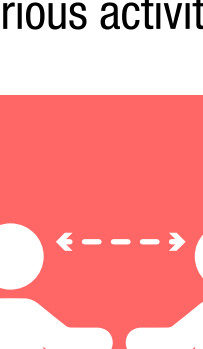
Elimination of restlessness



Reduction in hyperactivity



Improved listening and attention to tasks



Considerable increase in tolerance to various activities



Ability to understand and follow complex commands



Reduction in negative behavior



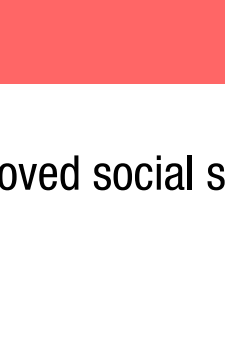
Improvement in 'asking skills'



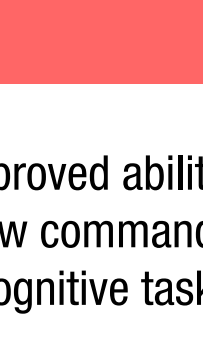
Better eye contact during verbal communication



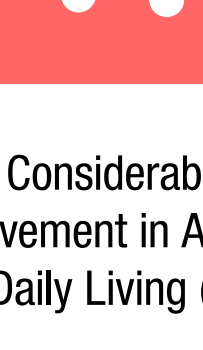
Improved overall awareness



Improved social skills



Improved ability to follow commands for cognitive tasks



Considerable improvement in Activities of Daily Living (ADL)



Toddler's corner

We are living in unprecedented times where many of our plans have been shelved or postponed. However, learning, especially for children, cannot take a backseat. There are many resources available online that give you tips on imparting learning through play — and here are some of its biggest benefits:

• Problem solving through cause and effect

This approach usually has four steps. First is problem identification. Then comes pointing out the major factors that are a part of the problem, determining the root cause of the issue, and finally, resolving the same.

• Inculcating compromise, conflict resolution, and sharing through play

Kids can be taught to avoid confrontation, take a step back and compromise — all through recreational activities. They can also be taught how to problem-solve in a non-confrontational manner.

• Fostering/Boosting fine and gross motor skills

One of the best ways to pick up such skills is art. Allow your kids to give wings to their imagination by the use of colors, and enhance their motor skills by giving them sketches with marked boundaries to color.

• Nourishing their creativity and imagination

If your child is a storyteller or a Picasso in the making, don't discourage such behavior. On the contrary, participate with your children and let their imagination touch new heights.

• Discover their independence and enhance self-esteem

Parental control is an important thing. However, it should not interfere with your child's creativity and in turn, adversely affect their confidence. You should set boundaries that allow them to recognize their limits while experimenting with their thoughts and behaviors.

Disease decoder

Half the battle is won when you acquire correct information about a disorder. At Plexus, we make sure that our patients as well as caregivers can identify symptoms, recognize myths, and know more about possible treatment options. This month, we decode Autism Spectrum Disorder (ASD).

This is a developmental disorder that affects a child's senses (touch, sight, smell), the ability to communicate, and overall behavior. Additionally, the term 'spectrum' in ASD refers to the wide range of symptoms and severity.

ASD is hard to diagnose in the earlier stages as one looks for 'abnormal behavior' and not the absence of normal behavior. For instance, in the case of toddlers, the early signs might be mistaken as 'good behavior' as the baby remains quiet and is almost undemanding.



Let us take a look at the common symptoms:

- Difficulty in communicating
- Sensitivity to sound/light
- Difficulty maintaining eye contact
- Unusual or extreme ways of expressing themselves
- Resistance towards change in routine or surroundings
- Trouble paying attention
- Interest in a very limited number of things/activities

To know more about the red flags, causes, and treatment of ASD, visit www.plexusnc.com.