



## PRESS RELEASE

### **Wearside researchers host autism conference.**

**ESPA Research announces the first annual conference on the role of diet and nutrition in autism spectrum conditions to be held at the Sunderland Museum & Winter Gardens in October 2010.**

Preparations are underway for ESPA Research, a not-for-profit subsidiary of ESPA (Education and Services for People with Autism) to hold its first annual autism research conference in Sunderland in October 2010. Over 100 delegates including people with autism, their parents, and healthcare professionals from all over the country are expected to attend the conference dedicated to disseminating the latest research findings produced by the Sunderland-based organisation.

Results from a two-year European collaborative study examining the impact of a gluten- and casein-free dietary intervention on autism (ScanBrit) will be presented alongside preliminary biological findings based on the state-of-the-art technology available to ESPA Research.

“This conference will provide a platform to showcase the cutting-edge research being carried out by ESPA Research” said Lynda Todd, the conference organiser. “At the same time also demonstrating how such research can be effectively translated into real-life strategies to help improve quality of life for people with autism and their families”.

The conference is supported by Sunderland City Council and the Sainsbury’s supermarket group.

Autism is a life-long condition present in an estimated 1% of the population. It primarily affects the way a person communicates and deals with their social environment and people around them. Autism is poorly understood with currently no genetic or biological test to aid diagnosis. Whilst no universal intervention strategy has been found to manage the more complicated symptoms of autism, some research suggests changes to a child’s diet can, in some cases, reduce some of the symptoms associated with autism and improve developmental outcome.

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For more information about the conference, please contact us on 0191 549 9300 or email us at: [info@espa-research.org.uk](mailto:info@espa-research.org.uk).

To find out more about the work of ESPA Research go to: [www.espa-research.org.uk](http://www.espa-research.org.uk)