Dr. Theodore Henderson to Expose “Hidden Epidemic: Suicide on the Spectrum”

David Jahr June 26, 2015


(Newswire.net -- June 26, 2015) Centennial, CO -- Suicide claims more lives among those with autism spectrum disorder than the general population, says Theodore Henderson, MD, PhD., a Denver-based psychiatrist and researcher. Markedly higher rates of anxiety and depression, plus bullying contribute to the crisis. He will share the latest truth and treatment options about the “hidden epidemic” at 10th Annual US Autism & Asperger’s Association (USAAA) World Conference, July 31 at the Loews Ventana Canyon Resort in Tucson, Arizona.

“Often the feelings of anxiety and depression are overwhelming for those on the autism spectrum, who struggle to express their emotions,” said Dr. Henderson, who specializes in diagnosing complex biological and neurological conditions. “Therefore, the first key to avoiding suicide on the spectrum is to teach them how to verbalize their emotions as youngsters.” Reducing bullying – both in person and in cyberspace – is another key, he added.

Presenting at 2:30 p.m. (MST), guest speaker Dr. Henderson will share startling facts, as well as answers about treatments, pharmaceuticals, and natural supplements for individuals on the spectrum. One Continuing Education credit available.

According to Dr. Henderson, recent studies show those on the autism spectrum:

- Are 2-4 times more likely to become depressed;
- Between 7-35% have attempted suicide (compared to 4.6% among the general population);
- 75% experience anxiety and 50% experience depression.

Dr. Henderson also said that among adults with autism, the main stressor that can lead to depression and suicide is a lack of independence. He said up to 70% live with their parents and less than 25% are able to get a job.

In cooperation with Neuro-Luminance and USAAA, Dr. Henderson will be featured in a new series of educational videos being planned to help families and individuals address the “hidden epidemic.” Contact Dr. Henderson for details.

About USAAA

US Autism & Asperger Association is a 501(C)(3) non-profit organization which boasts a proud network of world-renowned professionals with expertise in Autism, Asperger Syndrome, and other related disorders. US Autism & Asperger Association hosts a compendious world conference in the United States each year, establishes standards for Autism and Asperger Syndrome training, and aligns with local community resources to offer support for the entire Autism and Asperger communities.
About Theodore Henderson, MD, PhD

Theodore A. Henderson, M.D., Ph.D., specializes in the diagnosis of complex adult, child, and adolescent psychiatric cases. Board certified, Dr. Henderson earned his Ph.D. in developmental neurobiology and has been widely published in journals of psychiatry, medicine, and nuclear medicine. Based in Denver, Dr. Henderson can be reached at 720-493-1101.

Theodore Henderson, MD, PhD

3979 E. Arapahoe Road
Suite 200
Centennial, CO 80211
United States
720-493-1101
thesynapticspace7@gmail.com
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