



assistant professor of Medicine and Pediatrics in Primary Care at the University of Rochester Medical Center. "This study highlights the importance of careful monitoring of their health status and urges us to examine best practices to facilitate their access to high-quality health care," said senior author Philip W. Davidson, PhD, URM C professor emeritus of Pediatrics, Environmental Medicine and Psychiatry.

Comparing information from 255 adults ages 18 to 71 with ASD to a similar group of the general population, researchers found that adults with autism are more likely to suffer seizure disorders and depression. The higher prevalence of [seizure disorders](#) is noteworthy because it is associated with shorter life expectancy in adults with ASD, and an increased need for assistance with daily living activities. Young adults with autism also had higher rates of hypertension, high cholesterol, allergies and anxiety.

A significant portion of the studied group had intellectual disabilities as measured by IQ scores. Those with intellectual disability and depression were more likely to need help with functional tasks. Ultimately, the majority of older adults over 40 years of age with autism required some assistance with activities of [daily living](#), such as dressing and bathing.

"Adults with autism frequently face barriers to accessing health care and receiving recommended treatments for common problems," Fortuna said. "Therefore, greater awareness is needed to ensure that adults with autism are treated for conditions that are more prevalent with autism as well as conditions that are commonly encountered with advancing age."

Provided by University of Rochester Medical Center

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