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**FOR IMMEDIATE RELEASE**  
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### **Center for Autism and Related Disorders Research Study Finds Chewing Gum an Effective Treatment for Children with Autism**

**Los Angeles, CA – September 08, 2009** According to new research conducted by the Center for Autism and Related Disorders, Inc. (CARD), the “**Chewing Gum as a Treatment for Rumination in a Child with Autism**” study reveals the challenging behavior of rumination can be treated effectively by using chewing gum as a replacement behavior. The study is published in the current issue of the *Journal of Applied Behavior Analysis*.

Rumination involves regurgitation of previously ingested food, re-chewing the food, and re-swallowing it. The study examined a child with autism who displayed chronic rumination for approximately one year, resulting in the decay and subsequent removal of several teeth. After several treatments failed, including thickened liquids and starch satiation, the child was taught to chew gum. His rumination decreased significantly when gum was made available.

“The key findings of this research study are significant for both parents and practitioners,” says researcher Denise Rhine, MS ED, BCBA. “The findings suggest that access to chewing gum may be an effective and practical treatment for rumination in some individuals with autism.”

The complete “**Chewing Gum as a Treatment for Rumination in a Child with Autism**” study is published in the summer 2009 Edition of the *Journal of Applied Behavior Analysis*, pages 381-385. The study is also located online at <http://seab.envmed.rochester.edu/jaba/toc/cur/jabacurrent.php>.

Questions regarding this study should be directed to Dr. Jonathan Tarbox, CARD Director of Research at [j.tarbox@centerforautism.com](mailto:j.tarbox@centerforautism.com) or 818.345.2345.

#### **About the Center for Autism and Related Disorders, Inc. (CARD):**

CARD is committed to science as the most objective and reliable approach to evaluating treatment for autism. CARD’s mission is to conduct empirical research on the assessment and treatment of autism and to disseminate CARD’s research findings and derived technology through publication and education of professionals and the public. While the primary focus of CARD’s research is ABA-based methods of assessment and treatment, CARD’s overall approach to research includes any topic which may hold promise for producing information that could improve the lives of individuals with autism. In addition, CARD maintains a reputation as one of the world’s largest and most experienced organizations effectively treating children with autism, Asperger’s Syndrome, PDD-NOS, and related disorders. Following the principles of Applied Behavior Analysis (ABA), CARD develops individualized treatment plans for children worldwide. For more information about CARD, visit [www.centerforautism.com](http://www.centerforautism.com).