



Michael Montico, MD MAPS

Biomedical Q&A

What are biomedical treatments?

Biomedical treatment is a term referenced often in the autism community to describe the process of thorough medical testing and treatments that assess both the biological and psychological processes of a child with autism. It's an in-depth evaluation, a process that takes more time than the typical well baby visit.

The word biomedical means that the fundamental principle of biology – the individuality of each living creature – is the first consideration in the medical treatment options for each patient.

<http://tacanow.wpengine.com/family-resources/a-beginners-guide-to-medical-interventions-for-asd/>

How different is a biomedical intake appointment from my Pediatrician or Primary Care Provider appointment?

Your typical Pediatrician visit is generally 15 minutes, whereas a Biomedical/MAPS physician will spend up to 2 hours in an initial evaluation. Traditional medicine concentrates on using drugs to treat symptoms, whereas the biomedical approach concentrates on getting to the root cause of the issue. The testing necessary to discover the root cause is not offered by traditional medicine/pediatricians, hence they are often not covered by insurance.

What can I expect at the intake appointment?

The intake process starts well before you arrive to your appointment. There is a lengthy pre intake questionnaire that must be completed prior to seeing the physician. The intake appointment includes:

- a complete physical assessment of the patient,
- a detailed interview with the physician
- discussion of appropriate workup
- coordination of laboratory evaluation
- development and review of initial treatment plan

The intake evaluation is just the beginning of a longitudinal treatment approach, which differs from traditional medicine to treat episodically.

Will there be lab work? If so, will it be done at the appointment?

Yes, lab evaluation can include collection of blood, urine, and stool. Determination of necessary labs will take place during the intake evaluation. No collection will take place on the day of intake. All necessary lab testing will be coordinated at the intake appointment.

How much does it cost? Does my insurance cover it? How about the labs?

Intake evaluations are \$500 for a two hour intake, which generally applies towards children, adults typically qualify for a \$300 one hour intake. Dr. Michael Montico does not participate with any insurances companies, however you can submit to your insurance, coverage varies. All appropriate visit (CPT) codes and diagnostic (ICD 10) codes will be provided in the event you can submit to your insurance and/or HSA account.

How long does treatment last? What can I expect a year down the road?

The biomedical intake is the start of a potential long term commitment in achieving optimal health. While most clients still maintain a relationship with their primary care physician, oftentimes clients see such significant results with the biomedical approach that they feel it's more effective for them than what they've experienced via traditional medicine. Just like treatment plans are highly individualized, as are the results. The expectation we have is that we partner with clients to achieve their optimal health potential.

Do all of your patients get better?

Response to the biomedical approach is highly variable depending on the severity of symptoms and level of dysfunction. Typically clients do see significant improvement with this approach. While the focus of the biomedical approach is to determine the "root cause" of the dysfunction, we also can work directly on the symptoms as necessary. It's typical that your biomedical practioner, will have more experience in treating your condition and symptoms than what your primary care provider will.

I've tried the diet before and it just didn't seem to make a difference. Is it really important?

Nutritional intake is a critical aspect to any healing plan. While some special diets may not seem to produce immediate results, oftentimes special diets are helping in ways that aren't outwardly visible. For example, a client may not be gluten allergic, but if sensitive to gluten, it can serve to create an inflammatory response that can further dysregulate the immune system.

How can I tell which treatment or therapy is helping? My child also does other therapies (ABA, speech, AIT, neurofeedback).

It is critical that we build a long term treatment plan which enables clients to be objective regarding the progress they are making. There are some foundational interventions that serve to support overall health and wellness, and can be done in combination. Oftentimes when concentrating efforts in one area, we are very calculating regarding the timing of individual interventions, so that the response of the client is clear. The biomedical approach, "sets the table", for all complementary therapies to be more effective.

What happens if I need to get in touch with Dr. Montico between appointments?

We encourage clients to be well prepared at the intake evaluation, and future consults with any questions they may have for Dr. Montico so they can be handled ideally. We have parental support in place to help clients with general questions in between consults with Dr. Montico. We encourage clients to continue a relationship with a primary care physician for acute health concerns.

What if my child doesn't swallow pills?

There are many strategies for getting foods and supplements into your child. Oftentimes a dedicated pill swallowing program can make things much easier for parents in executing the biomedical treatment plan. Many interventions can be prescribed in liquid form, or in powder form to be mixed with food or drinks.

<http://www.tacanow.org/family-resources/ideas-to-help-your-child-take-supplements/>

What is MAPS?

MAPS is the abbreviation for “Medical Academy of Pediatric Special Needs”. As an organization, MAPS strives to train physicians to care for individuals with Autism Spectrum Disorders (ASD) and other complex chronic health conditions.

<http://www.medmaps.org/about-us/>

<http://www.tacanow.org/blog/treating-autism-maps-doctors-dan-doctors/>

My pediatrician said that this kind of stuff never works. Why would he/she say that?

The primary care physician oftentimes is unaware of the amount of scientific literature that supports how we treat individuals with the biomedical approach. This is similar to the fact that your primary care physician isn't able to “keep up” with the literature pertaining to other medical subspecialties (which is the goal of MAPS training doctors to be specialists). In addition, the traditional medical model is concentrating on using a diagnosis as a label and basis of treatment. With the biomedical approach we concentrate on providing individualized care that concentrates on the “root causes” and overall healing.

When in my child's journey should I consider Hyperbaric Oxygen Therapy (HBOT)?

HBOT is considered as an intervention for many chronic health conditions, and can be discussed at time of intake. Your practitioner will discern when HBOT would be most affective depending on your individual circumstances. There are biomedical interventions that synergistically increase the benefit of HBOT.

<https://www.tacanow.org/family-resources/hbot-for-asd/>