



## **Michael Montico, MD MAPS**

### **Pre-Appointment 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 child/adult 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.*

For additional information, please visit this web site:

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

#### **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. Here are a few links to learn more:

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

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

#### **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:

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- 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. We suggest that you receive lab work as quickly as possible to help move progress in treatment along.

### **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 insurance 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.

## **Appointment Overview**

### Initial Evaluation

- 2 hours of which you'll spend 90-120 minutes with Dr. Montico – in the beginning or the end Dr. Montico will do a short exam of your child. In addition, he will review all patient intake paperwork.
- The cost for the initial evaluation is \$500 – a walk out receipt can be given to you to submit to your insurance. At the time of scheduling your appointment, you will be asked to fill out and return a credit card authorization form to hold your appointment.
- At that appointment, labs and lab test kits may be recommended in order to get more detailed information on your child in order to give the best treatment plan.
- Insurance may cover some of those fees – we have pricing for most lab kits Dr. Montico orders; range is typically \$99-\$300 per lab kit.
- Before you depart your appointment, you will be provided with a detailed treatment plan outlining all that was discussed during the appointment. It will be your guide moving forward.

You will receive a call from a Parent Liaison approximately 2-7 days prior to your appointment to share with you what to expect. It is **most important** that you bring someone with you that can care for your son or daughter so you get the most out of your appointment with Dr. Montico.

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## **Future Follow-up Phone Consults**

- The fee for the phone consult is \$250/hour - the consult will be prorated to 15 minutes increments with 30 minute minimum. The consult time includes preparation of reviewing the chart and labs and writing the follow up treatment based on labs and your discussion.
- Expect lab results to arrive at Dr. Montico's office in approx. 2-3 weeks. Once received by the office, you will receive a copy via e-mail. Your email will come from [mcirafisi@o2oasis.com](mailto:mcirafisi@o2oasis.com). The subject will read Lab Results and there will be an attachment.
- After receiving **all** of your test results, you should call the office (215-352-3720) to schedule a follow-up phone consult with Dr. Montico to review the results. The fee for the phone consult is \$250 an hour and will be prorated to 15 minute increments with a 30 minute minimum if needed.
- You will be sent the updated treatment plan post appointment and your credit card will be charged accordingly. A receipt will be sent in the mail.
- If scripts and labs are ordered they will be taken care of by our office per Dr. Montico's instructions.

## **Future Consults**

- At least once per year Dr. Montico will need to see your child to perform another physical exam in order to see how they are progressing and in order to be able to continue to order new scripts and refills.
- You can schedule an in office consult at any point during the year based on availability. The appointment duration for this consult is one hour and is in office. The fee is \$300.

## **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 best addressed.

For parental support in place in between consults with Dr. Montico, it is highly recommended to apply for a TACA parent mentor (\*see below for directions to apply). You can also use the TACA PA contact form. Questions here are privately answered by TACA Pennsylvania Coordinators who are Dr. Montico's parent liaisons. Please scroll to the bottom of this link to send a message: <https://www.tacanow.org/local-chapters/northeast/pennsylvania/>. This link has the upcoming monthly meetings and TACA Coffee Talk dates you can attend.

For scripts and medical questions please use the parent portal messaging system. If you have not registered, (\*\*please see below for instructions). We encourage clients to continue a relationship with a primary care physician for emergency/acute health concerns.

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**\*Information on how to apply for a TACA (Talk About Curing Autism) Mentor**

Families new to the autism diagnosis for their child are encouraged to apply for a TACA Parent Mentor. Parents of newly diagnosed children with autism apply and are matched to mentors who are screened, trained and managed to provide 1:1 support.

<https://www.tacanow.org/about-taca/parent-mentor-program/>

**Who can apply for a TACA Parent Mentor?**

- Custodial and primary caregiver of a child diagnosed with Autism, Aspergers or PDDNOS
- Child must either live with you, or you must be their conservator
- Must live in the United States

**Knowledge and experience are matched to your needs.**

**Mentors offer support in these areas (you let us know your area of need):**

- Newly Diagnosed with Autism
- GFCF (and SF) Diet
- Biomedical Treatments
- IEPs
- Behavioral Therapy

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*For further information.....*

1. Watch the webinar below on the website at this link - <https://www.tacanow.org/about-taca/parent-mentor-program/>
2. Listen for the code when you watch the webinar.
3. Use the code to access the application form below the webinar.

**\*\*How do I access the patient portal?**

Please [click here](#) to go directly to the patient portal to register now. You will begin by clicking on “Sign Up” in the Patient Log In Box in the middle right of the screen. Fill in all the requested information. Once complete you will receive an email to validate your registration. Follow the link provided in the email to access the patient portal. Your “username” is your email address. Please note, the “Messages” tab and the “Health Info” tab are the only functions currently activated. Additional functionality will become available following the next release of software.

## **Post-Appointment Q&A**

**How long do Biomedical treatments 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 practitioner will have more experience in treating your condition and symptoms than that of your primary care provider.

**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.

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### **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. Please access the following link for further information....

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

### **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. Here is a link for additional information....

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

### **What are the best supplements for my child?**

<http://www.ourkidsasd.com/>

<http://stores.purecompoundingpharmacy.com/all-products/> 630-995-4300

<https://www.pureformulas.com/> Offers free shipping and good prices

<http://www.vitacost.com/>

<https://www.kirkmangroup.com/>

### **B-12/Compounding Pharmacy Options**

**Hopewell Pharmacy** – 1-800-792-6670

<http://www.hopewellrx.com/>

**Summit Health formerly Burman's** – 866-872-5430 (Contact Vincent @ ext 117 for assistance with coverage) <http://www.burmanspharmacy.com>

### **How do I give my child a MB12 injection?**

<http://www.drneubrande.com/videos.php?playlist=10>

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