



**FOR IMMEDIATE RELEASE**

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**NEWS RELEASE**

**Irene Cihon Dietz, MD, FAAP, to Present “Growing Up Healthy with Autism: Navigating the Teens and Twenties” at Milestones Autism Conference 6/17**

**CLEVELAND** – Irene Cihon Dietz, MD, FAAP, assistant professor of pediatrics at Case Western Reserve University and the Director of the Comprehensive Care Program at MetroHealth Medical Center, will present “Growing Up Healthy with Autism: Navigating the Teens and Twenties” this Friday, June 17 at the 14<sup>th</sup> Annual Milestones Autism Spectrum Disorder Conference taking place at Landerhaven in Mayfield Heights.

Dietz will review age-related health issues specifically around puberty and the early 20's that may adversely affect outcomes, and will also discuss current knowledge around adult outcomes. She will help to identify resources and support systems. Participants will leave with an understanding of necessary health care needs that are specific for teens and young adults with ASD and a concept of “developmental transition milestones” that they themselves or their loved one with ASD ideally needs to reach.

Her session will attract a wide audience including adult service providers, employers, transition coordinators, individuals with ASD, doctors, nurses, physician assistants, parents, family members, grandparents, and caregivers.

The Milestones Autism Conference is a two-day event presented by Cleveland-based Milestones Autism Resources ([milestones.org](http://milestones.org)) that brings family members, educators, administrators, therapists, clinicians, and individuals with ASD together to share evidence-based practical strategies and best practices. Participants can earn continuing education by attending 75 educational workshops that focus on field-tested ideas from local and national experts. This year’s conference takes place on Thursday, June 16 and Friday, June 17 from 8:00 a.m. to 5:00 p.m. at Landerhaven.

Complete conference information is available at <http://milestones.org/what-we-do/conferences/>.

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**About Irene Cihon Dietz**

Irene Cihon Dietz, MD, FAAP is the Assistant Professor of Pediatrics in Cleveland, Ohio. The program is a 55 plus year old program that was recognized as an NCQA Level III Physician Centered Primary Care Medical Home since 2011. Irene has more than 25 years of experience providing primary and specialty

care to persons with childhood onset neurodevelopmental disabilities. She holds specialty board certification in Developmental and Behavioral Pediatrics, Neurodevelopmental Disabilities, and Hospice and Palliative Care Medicine. Irene's special interests include the primary care, specialty care, and outcomes for persons with autism, intellectual and developmental disabilities, spina bifida and hydrocephalus, cerebral palsy, and technology dependence. She also has a special interest in interdisciplinary, family-centered care and transition to adult services for children with childhood onset complex needs.

### **About Milestones Autism Resources**

Founded in 2003, Milestones Autism Resources improves the lives of individuals on the autism spectrum throughout Northeast Ohio by educating, coaching, and connecting the autism community with evidence-based information. Milestones is the first call for help at each transition of an individual's life. Milestones envisions a community in which individuals on the autism spectrum reach their full potential as contributing members of society, recognized for their strengths and supported in their challenges. Each year, Milestones serves more than 2,400 parents, professionals, and individuals of all ages and abilities through an annual conference, trainings, and coaching services. The website, [milestones.org](http://milestones.org), connects 58,000 unique visitors to more than 1,000 autism resources.