



# STUDY: CAN OILS HELP CHILDREN WITH AUTISM?

*So many parents report using essential oils, scientists put them to the test*

The Ohio State University Wexner Medical Center

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<b>SUGGESTED TEASE</b>	<p>STILL TO COME, SOME PARENTS SWEAR BY ESSENTIAL OILS - CLAIMING THEY HELP EASE SYMPTOMS OF AUTISM IN THEIR CHILDREN.</p> <p>NOW - SCIENTISTS ARE CURIOUS. MORE ON <i>THEIR</i> WORK WITH ESSENTIAL OILS, NEXT IN HEALTH NEWS.</p>
<b>ANCHOR LEAD</b>	<p>FOR THOUSANDS OF YEARS THEY'VE BEEN USED FOR EVERYTHING FROM MEDICINE TO MASSAGES - AND TODAY, ESSENTIAL OILS ARE FINDING A NEW USE.</p> <p>PARENTS ACROSS THE COUNTRY CLAIM THAT ESSENTIAL OILS - LIKE LAVENDER AND SANDALWOOD - HELP CHILDREN WITH AUTISM BECOME CALMER AND SLEEP BETTER.</p> <p>THEIR CLAIMS CAUGHT THE ATTENTION OF SCIENTISTS, WHO JUST LAUNCHED A STUDY TO SEE IF THE OILS TRULY WORK. CLARK POWELL HAS DETAILS.</p>
<p><b>CG: Courtesy: The Ohio State University Wexner Medical Center</b></p> <p>Shots of Sam with phone</p> <p>Shot of both walking into bedroom</p> <p>Shots of Shannon using oils</p>	<p>EVENINGS USED TO BE A CHALLENGE FOR 12-YEAR-OLD SAM COCONIS (cuh-<b>CONF</b>-iss). SAM HAS AUTISM AND WOULD USE THINGS LIKE ELECTRONICS TO DISTRACT HIMSELF AND DELAY HIS BEDTIME.</p> <p>SO, HIS MOTHER STARTED USING ESSENTIAL OILS - PUTTING THINGS LIKE LAVENDER AND FRANKINCENSE ON HIS HEAD AND FEET. NOW, SAM'S BEDTIME BATTLES ARE OVER.</p>
<p><b>CG: Shannon Coconis Uses oils on son with autism</b></p>	<p>"He's gotten so much better. If I have to go up maybe once to tell him to stay in his room that's it, versus 10 to 15 times before."</p>
<p>Screenshots from Pinterest / blogs</p>	<p>AND SHANNON'S NOT ALONE. ONLINE, TALK OF ESSENTIAL OILS AND AUTISM IS VIRTUALLY EVERYWHERE - FROM PERSONAL BLOGS TO PARENT SUPPORT SITES.</p>
<p><b>CG: Jill Hollway, Ph.D. Nisonger Center at Ohio State's Wexner Medical Center 1.00.50 - 1.00.59</b></p>	<p>"They are reporting that they've seen improvements in quality of life and transitioning in their children throughout the day. But these are anecdotal."</p>
<p>Shots of Hollway sitting down with oil</p>	<p>SO JILL HOLLWAY IS PUTTING THEM TO THE TEST. AT THE</p>

<p>Close up of picking up oil</p> <p>Shots of Hollway taking notes</p> <p>Shot of Shannon rubbing in oil/shot of diffuser</p> <p>Shot of actigraph watch</p>	<p>OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER'S NISONGER CENTER, RESEARCHERS ARE STUDYING 2 MIXTURES OF 18 DIFFERENT ESSENTIAL OILS - TO NOT ONLY SEE IF THEY'RE SAFE FOR CHILDREN WITH AUTISM, BUT IF THERE'S PROOF THEY WORK.</p> <p>DURING THE STUDY, PARENTS RUB OIL ON THEIR CHILDREN IN THE MORNING, THEN USE A DIFFUSER IN THEIR BEDROOMS AT NIGHT.</p> <p>TO SEE WHAT EFFECT THE OILS HAVE ON SLEEP, CHILDREN WEAR A WATCH-LIKE DEVICE CALLED AN ACTIGRAPH THAT RECORDS ACTIVITY LEVELS.</p>
<p><b>Dr. Hollway (CG'd earlier)</b> <b>1.05.48 - 1.05.57</b></p>	<p>"What we find is a lot of these children wake up during the night, and it will capture those times. So it's got the minutes awake, minutes asleep, etcetera."</p>
<p>Shots of Dr. Hollway with oils</p> <p>Shots of Shannon using oils</p>	<p>THE STUDY WILL TAKE A COUPLE OF YEARS TO COMPLETE. IN THE MEANTIME, MOMS LIKE SHANNON SAY THEY APPRECIATE THAT RESEARCHERS HAVE TAKEN A CUE FROM <i>THEM</i> - AND ARE WILLING TO STUDY LESS CONVENTIONAL FORMS OF THERAPY.</p>
<p><b>Shannon (CG'd earlier)</b> <b>1.16.58 - 1.17.04 // 1.16.55-1.16.57</b></p>	<p>"There are so many of us, thousands of us parents across the world that are treating our kids with autism. // I commend them immensely."</p>
<p>Shots of Shannon finishing up with oils</p>	<p>AT OHIO STATE'S WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING.</p>
<p><b>ANCHOR TAG</b></p>	<p>RESEARCHERS SAY PARENTS OFTEN TRY MANY DIFFERENT TYPES OF THERAPY ON THEIR CHILDREN WITH AUTISM. HAVING SCIENTIFIC DATA ON THOSE THERAPIES HELPS DETERMINE IF THEY WORK AND HOW THEY SHOULD BE APPLIED.</p> <p>RESEARCHERS HOPE TO TEST MORE THAN TWO DOZEN KIDS WITH THE OIL COMBINATIONS OVER A 2-YEAR PERIOD.</p>
<p> <b>Share it! Suggested tweet:</b></p>	<p>Researchers <a href="https://twitter.com/OSUWexMed">@OSUWexMed</a> study whether essential oils help children with autism sleep better <a href="https://bit.ly/1PaWIFb">bit.ly/1PaWIFb</a></p>
<p> <b>Suggested post:</b></p>	<p>Many parents around the country claim essential oils - things like lavender, sandalwood and frankincense oils - relieve symptoms of autism in their children, making them calmer and improving sleep. Those claims have caught the attention of researchers at <a href="http://The Ohio State University Wexner Medical Center">The Ohio State University Wexner Medical Center</a>. For more, click here: <a href="https://bit.ly/1PaWIFb">bit.ly/1PaWIFb</a></p>
	<p style="text-align: center;"><b>Extra Bites</b></p>
<p><b>CG: Jill Hollway, Ph.D.</b> <b>Nisonger Center at Ohio State's Wexner Medical Center</b></p>	<p><i>Hollway talks about how the essential oil study will work -</i> "We are offering the topical method for all children in the morning, so for one minute they'll rub it on for either the neck or the feet, and in the evening all children will get a diffuser and the oils will be diffused in the bedroom." :16</p>

<p><b>CG: Jill Hollway, Ph.D.</b>  <b>Nisonger Center at Ohio State's</b>  <b>Wexner Medical Center</b></p>	<p><i>Hollway explains the use of the actigraph -</i>  “Oils will be diffused throughout the room, and so they’ll put the actigraph on about 20 minutes before they go to bed, so we get a good baseline of what it’s like when they’re awake and then while they sleep and then 20 minutes after.” :14</p> <p><i>Hollway talks about the oils being tested in this study -</i>  “The oils that we’re going to be using in the study, between the two oils, there are 18 different essential oils in the mixtures.” :07</p>
<p><b>CG: Shannon Coconis</b>  <b>Uses oils on son with autism</b></p>	<p><i>Shannon talks about the results of using essential oils on her son -</i>  “He does have seizures now. I don’t see them, they are typically at night. Which is one of the reasons I started using oils was to help with the seizures because it’s hard for me to like...he does take medicine for it but it’s hard for me to want to give them medicine when I don’t see them.” :14</p> <p><i>Shannon talks about types of essential oils she uses on her son -</i>  “I use cedarwood, lavender and vetiver, vetiver is really good for calming him quickly. It’s a good oil for us.” :07</p> <p><i>Shannon talks about the results she experienced -</i>  “After that first week it really settled down and we really noticed a difference in the anxiety particularly. And so after that it was really was sold.” :09</p>
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