

Fast Facts

Attention-Deficit/Hyperactivity Disorder (ADHD)

- Difficulty maintaining attention, hyperactivity and impulsive behavior
 - Affects millions of children (typically boys more than girls)
 - Starts before the age of 12
 - Classified as mild, moderate or severe
- Exact cause unknown (thought to be a combination of genetic, environmental and developmental factors)
- Three types: predominately inattentive, predominately hyperactive-impulsive and combined (most common)
- Diagnosed by symptoms being present for at least six months and multiple symptoms that negatively impacting school, home life and/or relationships with friends

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Inattention:</i></p> <ul style="list-style-type: none"> -Making careless mistakes in schoolwork -Trouble staying focus on tasks/play -Unable to follow instructions causing them to fail to finish schoolwork or chores -Dislike/avoiding tasks that require focused mental effort (homework) -Appear not to listen -Forget to do daily activities -Unable to organize tasks -Easily distracted <p><i>Hyperactivity/impulsivity:</i></p> <ul style="list-style-type: none"> -Constantly in motion (fidgeting, tapping hands or feet or squirming in their seat) -Difficulty staying seated -Run around or climb in situations when it's not appropriate -Trouble doing an activity quietly -Talk too much -Hard time waiting for their turn (interrupts a questioner (teacher) by 	<p><i>Medication:</i></p> <ul style="list-style-type: none"> -Stimulant (or psychostimulant) are amphetamines (Dexedrine, Adderall, Vyvanse) or methylphenidates (Concerta, Metadate, Ritalin, Focalin) -Non-stimulant are Stralera, Wellbutrin, Intuniv, Tenex, Catapres, Kapvay <p><i>Therapy:</i></p> <ul style="list-style-type: none"> -Behavior therapy -Psychotherapy -Social skills training -Parenting skills training -Family therapy <p><i>Life strategies:</i></p> <ul style="list-style-type: none"> -Be consistent -Regular schedule -Child gets enough sleep -Set limits that have clear consequences -Use timeouts or appropriate discipline as necessary -Work with your child to develop organization skills -Use simple worded directions and demonstrate the steps when giving instructions -Make eye contact when speaking to your child -Avoid multitasking yourself when talking to your child -Identify potentially difficult situations 	<ul style="list-style-type: none"> -Exact cause of ADHD is unknown, so hard to pinpoint one thing that would prevent it -Avoid anything that could harm fetal development during pregnancy -Protect children from environmental toxins, such as lead exposure -Limit screen time during all of childhood (especially during the first five years of life)

blurting out answers or interrupting others' conversations or activities)	<ul style="list-style-type: none">-Find ways to help your child improve their self-esteem and sense of discipline-Talk with your child's teacher to identify any problems early-Ask about programs through school-Enjoy time with your child-Give child lots of affection-Remain calm-Be patient-Keep things in perspective-Take breaks	
---	---	--

©2018 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.

Copyrighted Material DemystifyingYourHealth.com