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Adhd attention deficit

URL of this page: Is it hard for your child to sit still? Does your child to sit still? Does your child may have attention deficit hyperactivity disorder (ADHD). Nearly everyone shows some of these behaviors at times, but ADHD lasts more than 6 months and causes problems in school, at home and in social situations. ADHD is more common in boys than girls. It affects 3 to 5% of all American children. The main features of ADHD are Inattention Hyperactivity Impulsivity No one knows exactly what causes ADHD. It sometimes runs in families, so genetics may be a factor. There may also be environmental factors. A complete evaluation by a trained professional is the only way to know for sure if your child has ADHD. Treatment may include medicine to control symptoms, therapy, or both. Structure at home and at school is important. Parent training may also help. NIH: National Institute of Mental Health Girls and ADHD (American Academy of Pediatrics) The information on this site should not be used as a substitute for professional medical care or advice. Contact a health care provider if you have questions, and self-care strategies are just some of the many ways you can manage ADHD. Treatment for attention deficit hyperactivity disorder (ADHD) isn't one-size-fits-all. You may find that different levels and types of treatment work best for your symptoms. Many doctors recommend a holistic approach to treating ADHD in adults and children. A holistic approach to treating ADHD in adults and children. A holistic approach to treating ADHD in adults and children. inattention, and hyperactivity. Taking these medication alone may not address every symptom of ADHD. That's because, as the common saying goes, "pills don't teach you skills." While medication can be important in helping many people manage ADHD, you might still find that other approaches, like lifestyle changes or therapy, make all the difference in helping you manage the effects of ADHD. It can also help with other mental health conditions, like depression and anxiety, that often come with ADHD.Most therapies for ADHD tend to be:structuredgoal-orientedskills-basedcollaborativeSome types of therapy that can help adults and kids manage ADHD symptoms include:behavioral therapypsychoeducationcoaching and skills trainingSince there are several kinds of therapy for ADHD, you may end up trying more than one to find the best fit for you. Behavioral therapy Behavioral therapy Behavioral therapy that helps manage ADHD. In CBT, your therapist will help manage specific ADHD symptoms that are interfering with your day-to-day life. You might focus on:real-life tasks that give you trouble, such as paying bills on timereal-life situations, such as being assertive at workCBT for ADHD could support you in gaining skills like:emotional regulationmanaging stressreducing impulsive reactionstime managementorganization, planning, and prioritizing building habits that support your overall healthSometimes CBT involves psychoeducation, which means your therapist might teach you about the symptoms of ADHD and how ADHD works in the brain. Psychoeducation can be an important part of therapy for ADHD because it can help you understand how ADHD works and where different behaviors come from. Psychoeducation can also help you clarify myths and untruths about ADHD and about yourself. For example, you may learn that ADHD has nothing to do with laziness or willpower, and it's not a lack of intelligence. Parents and loved ones can also benefit from psychoeducation. For example, learning accurate information about ADHD and how it alone to make a lack of intelligence. Parents and loved ones can also benefit from psychoeducation. affects your child can help you know what kind of support is most helpful for them. Coaching and skills training There are several kinds of ADHD coaching, and these can vary widely. For instance, coaches may have different credentials, and they could offer services in-person, by phone, or over a video call. Some benefits of working with an ADHD coach could include:more insight into how ADHD impacts your lifehelp identifying solutions, strategies, and tools for managing ADHD that match your natural strengths and talents (and how you can use them) An ADHD coach can help you set up systems and structures that make it easier for you to manage ADHD symptoms in different areas of life. If you're unsure how to find the right ADHD coach, here's a quick tip: You'll probably want to find a coach who has graduated from a recognized training program specifically for ADHD coaching. It'll likely be important for your coach to have specific knowledge and training related to ADHD for you to get the most out of working with them. Some common types of medication for you can take time. It's a process of trial and error. This is why it's important to speak up for yourself and let your doctor know about any concerns you have about the medication. It's a good idea to let your doctor know whether you think your medication is working and if you're experiencing any side effects. Your doctor can help you reduce side effects or switch to a better treatment for you. Stimulants are generally the first-line treatment for ADHD. That's because they can be very helpful in reducing symptoms, act pretty quickly, and come with few side effects. A significant amount of research has shown that when taken as directed by your psychiatrist or doctor, this kind of medication is safe and effective in treating ADHD. Some common stimulant medications for ADHD include: methylphenidate (known as Ritalin, Concerta, Metadate, and Methylin) amphetamines (including Adderall and Dexedrine) A medical review found that adults with ADHD could have better results using an amphetamine. This medication was rated best at treating symptoms by both doctors and people with ADHD taking the medication. The most common side effects of stimulant medications are: fast heart rate increased blood pressurereduced appetite (usually in the middle of the day only)sleep problems increased anxiety and/or irritability mild stomachache mild headache motor tic (a rare side effect)If you have any side effects, your doctor can help you come up with a plan to manage them or try a different medication. For example, sleep problems can be reduced by taking your medication earlier in the day. Learning good sleeping habits or working with a therapist who specializes in CBT for insomnia could also help. Non-stimulants are another type of medication approved to treat ADHD. Your doctor might prescribe a non-stimulant medication if:you experienced bothersome side effects with stimulantsstimulants didn't help with your ADHD symptoms you have an underlying health condition like a heart problemNon-stimulant medications take longer to work than stimulants — it can take 4 to 8 weeks to get the full benefits. The side effects of nonstimulant medications include: decreased appetiteupset stomachnauseadizzinessmood changes You may find nonstimulant medications work better for you. Unlike stimulants don't cause agitation or sleeplessness, and have a longer-lasting effect. Antidepressants Sometimes, doctors will prescribe antidepressants for ADHD, like:norepinephrine-dopamine reuptake inhibitors (such as bupropion)serotonin and norepinephrine reuptake inhibitors as:depression bipolar disorders (SUD) Treatment typically starts by targeting the most severe condition first (for example, psychosis, bipolar disorder, your doctor may prescribe medications to treat those symptoms. After your mood has stabilized, your doctor may then prescribe an ADHD medications. And you might keep taking both medications. For instance, some ADHD medications don't mix well with antidepressant medications. They can cause:restlessnessracing thoughtstrouble sleepingserotonin syndromeAnother kind of treatment that may help manage ADHD is neurostimulation. This therapy works by stimulation benefits for ADHD may last longer and have a lower chance of side effects. There are several kinds that may work for ADHD, including:transcranial magnetic stimulation (TMS)deep brain stimulation helps. Whether you're working with an ADHD-focused professional or not, self-help strategies may help you better manage your symptoms. Here are several ways you can incorporate self-care for ADHD into daily life. Investigate The more you know about ADHD, the better equipped you'll likely be to take care of yourself. Reading up on ADHD and how if could affect day-to-day life for you or your child can help you develop strategies that work for you. Here are some questions you might want to ask (if you haven't already!):What's the latest news and research on ADHD?What causes ADHD? routine for everything: sleep, food, exercise, you name it. In reality, even small lifestyle changes can make a difference when it comes to managing your ADHD symptoms — it's definitely not necessary to change everything at once. Since what works is different from person to person, this could take some trial and error. Some areas to look at when considering what lifestyle changes to make include:an exercise routine that boosts your mood or helps reduce stressa routine that makes quality sleep a priority choosing foods that don't make your symptoms worseThe right routines for you can help with things like planning, memory, and clear thinking. They can also help keep your energy levels more stable throughout the day. You can get more tips for living with ADHD here. Harness the power of technology If you have trouble remembering plans or appointments (or keeping track of time), remembering doesn't always have to be on you. Using technology to stay organized can free you up to focus on what you need to get done. For example you might:use alarms or reminders to keep you on track throughout the dayset alarms or timers to remind you when it's time to finish a task or leave the housekeep a list of current top priorities on your phone so it's easy to access Using tools to help you stay organized can be a great way to reduce the stress associated with running late, missing appointments, or forgetting to do something important. Here are some more ways to stay organized. Channel your creativity can help you come up with strategies and shortcuts to navigate regular challenges and make daily tasks easier to finish. For example, turning laundry or cleaning into a game. You might also set up systems and a place for everything in your home. This can be key to simplifying your days and reducing stress. For instance, keeping a small basket by the door for things you need when you go out, such as your keys, wallet, and phone could help. Lean on your social supports This might mean surrounding yourself with supportive family, friends, and acquaintances. For someone else, it's letting loved ones know what you're going through. You can also study with a close friend or accountability partner when you're working on a project. For example, you might email them after you've completed a task or worked for 30 minutes. ADHD is a common mental health condition, and it's possible for adults and children to manage symptoms well. A variety of treatment options can help. But if you're not sure where to start, talking with your doctor is likely a good first step. You may also want to let them know how any treatments you're using right now are working. One way to do this is to keep a journal to write down any side effects or symptoms. There are also plenty of opportunities to connect with other people who live with ADHD. You can: When you hear the term "ADHD," what pops into your mind is probably something along the lines of a shrieking kid running circles around the table instead of sitting down to do his math homework. But this image of a child gone wild isn't an accurate picture of ADHD because the condition is a lot more complicated than that. And let's face it, it's totally normal (even for adults) to lose focus from time to time or have trouble sitting still. And really, what kid wouldn't rather do anything but his homework? Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental condition affecting both children and adults (yup, it's not just a kid problem). 1 In fact, about 8 million adults in the US are living with the condition, and according to data compiled by the CDC, the estimated number of children diagnosed with ADHD is 6.1 million.2 "The term, 'attention deficit' can be misleading because those with ADHD can pay attention; they just struggle to regulate it," says Laura Rossillo, AAC, founder of Perfectly ADHD in Roslyn Heights, New York, which offers parent training, individual coaching sessions, support groups, and monthly workshops on various topics related to ADHD. "And, once someone with ADHD learns how their brain functions and what works for them, they can adapt by using their strengths to solve problems," she says. ADHD develops when the brain and central nervous system suffer impairments related to the growth and development of the brain's executive functions — such as attention, working memory, planning, organizing, forethought, and impulse control. In other words, the skills that help us plan, prioritize, and execute complex tasks are compromised as a result of ADHD. The majority of kids who have ADHD do not outgrow it (but some do) so the disorder continues into adulthood. In fact, symptoms persist into adulthood in 60% of cases. Treatment of ADHD can mean the difference between a person who thrives or a person who truly struggles in life, Rossillo explains. "Without proper support and treatment, those with ADHD may receive unwanted attention, suffer in their personal relationships, and struggle to achieve their goals," she says. This is especially true for children with ADHD who may have lower self-esteem or less confidence in their abilities. Article continues below Not to mention, what may seem like a lack of motivation could really be a fear of failure holding them back. These kids may also be at risk for poor grades, anxiety, depression, or substance abuse — or engage in risky behaviors like drugs, smoking, or drinking, Rossillo says. "Adults who are left untreated may be highly unorganized and find it hard to hold onto a job." What Causes ADHD? While the exact cause of ADHD remains a mystery, most researchers blame it on a combination of biology, genetics, and environment, Rossillo says. ADHD is not caused by parenting, video games, or too much sugar (those factors sometimes exacerbate the symptoms, though). Here's the 411 on the factors researchers believe may increase the chances of developing the condition. Genetics. While scientists haven't identified a specific ADHD gene, lots of studies show a genetic link. For instance, it's super common for a person diagnosed with ADHD to have at least one close relative with the condition. In fact, 30-to-35% of first-degree relatives (mom, dad, sister, or brother) of children with ADHD also have the disorder. 3 The environmental factors include toxins and chemicals in foods, cleaning and personal hygiene products that we use each day, as well as lead exposure, Rossillo says. Infants and young children are particularly vulnerable to toxic chemicals because they can disrupt normal brain development. A brain injury. Researchers believe that a traumatic brain injury may change brain regions associated with ADHD. Low-birth weight. Studies show babies born prematurely or weighing too little are about three times more likely to develop ADHD than full-term, healthy-sized infants. While researchers don't know exactly why this is, they speculate it has something to do with the stress of premature development in the body, which can lead to inflammation. 4 What's Going On In The Brain When You Have ADHD? Think of the brain as a huge electrical system with multiple wires that transmit messages to each other to keep the body functioning on the reg, explains Thomas Brown, PhD, Director of the Brown Clinic for Attention & Related Disorders in Hamden, Connecticut and author of A New Understanding of ADHD in Children And Adults: Executive Function Impairments. In this super complex network, the brain relays messages through neurons, which, with the help of chemicals called neurotransmitters, travel over gaps called synapses. "People with ADHD don't release enough neurotransmitters or may release and reload them too quickly before an adequate connection has been made," Dr. Brown says. So, messages can't get to where they need to go. This is often why those with ADHD really struggle with things like listening and completing assignments in a timely manner. Medications, including stimulants and non-stimulants, can make up for these lapses by triggering the release of chemicals that help neurons better communicate with each other. When Is ADHD is often diagnosed in childhood and typically continues through adolescence and into adulthood. According to the National Institute of Mental Health, the average age for diagnosis of a child with moderate symptoms of ADHD is 7 years old 5 though ADHD can be detected in toddlers. And it's a fickle kind of condition: symptoms can vary from person to person and increase or decrease over time. ADHD is 7 years old 5 though ADHD is 7 years old boys diagnosed with ADHD is three times higher than the number of girls. One reason for this is the way the condition presents itself in boys, tend to exhibit the hyperactive and impulsive behaviors (blurting out the answers in class without being called on, fidgeting in their seat) associated with ADHD, which are usually red flags for parents (or teachers who notice behavior problems in children during the school day) to seek an evaluation for the window, be extra chatty, or anxious, but they typically don't demonstrate the kind of disruptive behavior that may get them noticed, so many may go undiagnosed. ADHD symptoms in girls are also frequently attributed to a mood disorder. [Click to Learn More About ADHD in Girls and Women] How is ADHD Diagnosed? While your pediatrician is a good place to start, psychiatrists, psychologists, or neurologists are the most qualified in diagnosing ADHD (there are slightly different criteria for diagnosis based on age — more on this below). ADHD can't be determined with a lab or blood test; it's more about the doc knowing what signs to look out for. (If your pediatrician isn't experienced in diagnosing ADHD — many aren't — ask for a referral to a practitioner who is.) During an office visit, an initial evaluation of ADHD may include a standardized questionnaire that surveys behavior across a variety of settings (e.g., home, school, work, etc.). A more thorough neuropsychological evaluation may be necessary when it's not clear whether ADHD is present, or if the clinician suspects it's coexisting with another condition like anxiety, depression, learning disability, etc., or is something different altogether. This type of evaluation uses performance based-testing to measure things like intellect, language processing, visual-spatial skills, memory, sensorimotor functions, attention/executive functioning, socio-emotional development, and — depending on age — academic achievement. Then, these impressions are used to determine if your child shows persistent signs of inattention, disorganization, impulsivity, and hyperactivity and whether they occur in more than one situation, such as at home and in school. Since so many symptoms associated with ADHD are visible, a provider may ask teachers, parents, and others to observe and answer questions about the child being evaluated. Among the 8 million adults estimated to have ADHD, the number is rising—in part because of increased awareness of the condition and its symptoms. 6 Adults with ADHD, however, may not realize they have it. Instead, co-workers, partners, friends, or family might be the first to notice the person is struggling with things like impulsive behavior, restlessness, focusing and shifting attention, or having trouble meeting deadlines. A supportive spouse might take over paying bills from the partner with ADHD, and making sure important appointments are scheduled and kept. Adults who have concerns about ADHD may first be screened by their primary care doctor but are often referred to a specialist such as a psychologist, psychiatrist, or neurologist who can confirm and treat the condition. Some are initially screened using the Adult ADHD Self-Report Scale. [Click to Learn More About How ADHD Impacts Relationship] The Symptoms of ADHD Since ADHD is not a one-size-fits all kind of condition, children and adults will show varying degrees and types of behaviors (you can think of it as a spectrum) including inattention, distractibility, hyperactive-Impulsive ADHD, Inattentive ADHD (formerly known as ADD and more prevalent in girls), or Combined Type ADHD, a combo of Hyperactive-Impulsive and Inattentive ADHD symptoms. While many of the symptoms that go along with ADHD may seem like behaviors many of us exhibit on any old day, when a child (under 12) exhibits at least 6 of the symptoms from one or both categories below for at least 6 months and demonstrates them in more than one setting (home, classroom, or at work), ADHD may be diagnosed. Adolescents 17 and older and adults should have at least five of the symptoms present. Predominantly Hyperactive-Impulsive ADHD Fidgety with their hands or feet or extra squirmy sitting in a chair Difficulty remaining seated, which can be problematic in a class, lecture, or workplace Runs around or climbs excessively (children); extreme restlessness (adults) Difficulty engaging in activities quietly Acts like they have an internal motor on hyperspeed and always need to be on the go Talks excessively Blurts out answers even before questions have been completed Difficulty waiting or taking turns Interrupts conversations or intrudes — i.e. inserts themselves into a group of BFFs playing together Predominantly Inattentive ADHD (formerly known as ADD) Misses the details, which can result in things like handing in homework with tons of spelling mistakes or having a complete recipe fail because ingredients were inadvertently skipped Difficulty paying attention; reading or listening to a teacher's lesson can quickly devolve into a daydreaming session Doesn't listen when spoken too—they may seem distracted and look everywhere but right at you Doesn't follow through on instructions. For example, in the middle of reading directions on a homework assignment, they get sucked into a Nintendo vortex—and the homework never gets done Difficulty with organization and time management Avoids tasks requiring intense concentration (hello, homework) Gets easily distracted Forgetful in daily activities Predominantly Inattentive ADHD (formerly known as ADD) Article continues below Eight Things Parents of ADHD Kids Need to Know First and foremost, a diagnosis of ADHD is not a bad thing. With the proper support, tools, treatment, and most importantly, love, your child can't improve their symptoms or change. It just means that they need a different way of learning or support. Many children with ADHD benefit from school accommodations such as IEP or 504 Plans. The brain can change and adapt to its environment, so if a child is accepted and supported early on, the outcome is very positive, Rossillo says. Understanding their strengths and weaknesses can change the trajectory of a child's life. Connecting with your child in a positive way, even for just 30 minutes a day—chatting, having dinner, playing a game—can help reduce unwanted behaviors and increase positive ones. Offer choices and always catch them being good. "When we shift our focus to what a child is doing well versus what is not going well, we can increase their motivation to please," Rossillo says. Brainstorm solutions together. "Usually kids know the answers to their own problems, so if they aren't included in figuring things out, you may miss the mark on how to help them. Not only does this create a greater connection, but it is also empowering to them," Rossillo says. Do everything you can to not criticize the symptoms of ADHD. Instead, focus on your child's strengths and how she can use them in other ways. Experts estimate that children with ADHD receive 20,000 more negatives messages in their lifetimes than typically-developing children, and their parents get more negative feedback about their children as well. The cumulative effects of all this negativity can lead to feels of shame, guilt, and self-hatred. Extreme emotional sensitivity can be a hallmark of ADHD. Renown ADHD expert, William Dodson, MD, coined the term rejection sensitive dysphoria (RSD) to describe the intense emotional pain experienced by many people in their lives who matter to them. Instantaneous rage directed at a person or situation causing the emotional page can be the way RSD manifests in people with ADHD. If your child is unable to tolerate perceived criticism or rejection take note and discuss with your pediatrician. RSD is a little-known symptom of ADHD. Treating ADHD Though there is no magic cure for ADHD, the condition can be effectively treated in children and adults often through a combination of behavior therapy, medication, and adjustments and support in work and school settings. Part of treatment for children also includes parent training, which focuses on better parent-child communication, teaching the child socially acceptable behavior, and rewarding them for good behavior. Treatment plans are not the same for everyone, so it's important to monitor, follow up, and make adjustments if necessary. Best Therapy for ADHD Behavioral therapy and psychoeducation are recommended to help those with ADHD better manage emotions and behavior. A therapist can help with things related to executive functioning, such as time management, and work with the person to develop new routines to stay on track. Therapy can also focus on strategies to improve self-regulation and self-monitoring, so the patient is better equipped to handle day-to-day challenges at home, in the classroom, at work, and in social situations. A cognitive-behavioral approach is effective for working on a specific problematic behavior by helping the person understand why they're doing it and how to change it. Additionally, social skills groups can be beneficial for children and teens with ADHD who often struggle with their social interactions thanks to impulsivity. Therapy usually occurs one time per week, for 45 minutes at a time. ADHD Medication In children ages 6 and over, and adults, medication can be an important part of treatment. Medications used to treat ADHD are categorized as stimulants and non-stimulants. They work by increasing levels of neurotransmitters in the brain to reduce common symptoms such as inattention and hyperactivity. Keep in mind, medication may not work for everyone, or it may take some time to find the right one. Stimulants. These are the most commonly used medications to treat ADHD and work by improving focus and decreasing distractibility. Stimulants increase brain chemicals, including dopamine and norepinephrine, which are critical for transmitting messages between neurons. In kids, 70 to 80% show improvement in symptoms within one-to-two hours of taking the medication. In adults, 70% report noticeable improvement from stimulants, widely used to treat ADHD, are methylphenidate (Concerta, Aptensio XR) and dextro-amphetamine (Adderall). Non-stimulants. When a stimulant drug is not well tolerated or doesn't relieve symptoms, non-stimulant drugs may be an option. These treat symptoms of impulsiveness and hyperactivity, emotional regulation, and insomnia. Unlike fast-acting stimulants, they can take up to a week to fully kick in and may require some tweaking to find the right dose. Common non-stimulants include atomoexetine (Straterra), which helps increase norepinephrine to improves focus while tempering impulsiveness and hyperactivity. Known as alpha-agonist medications, Clonidine (Kapvay) and Guanfacine (Intuniv) were originally developed as high blood pressure treatments but have been approved to treat ADHD. They affect receptors in parts of the brain that help with executive functioning by strengthening working memory, improving attention and impulse control, and reducing distraction. Alternative treatment methods have proven helpful with managing different symptoms of ADHD.8 Talk to your doctor about these approaches: Meditation and mindfulnes. This kind of training, which focuses on being present in the moment, helps those with ADHD hone their attention and become more self-aware, which can curb impulsive behavior and reduce the anxiety often associated with ADHD.9 Exercise. Researchers believe exercise (even just 30 minutes a day) can lessen the severity of ADHD symptoms and improve cognitive functioning including focus, attention, and memory.10 Diet. The best diet for ADHD is a simple and nutritious eating plan. Eating foods that reduce inflammation in the body may help the brain function better. This includes limiting white flour, white sugar, processed foods, and incorporating more fruits and vegetables and omega-3 fatty acid-rich foods such as salmon or tuna. Research shows foods high in omega-3 fatty acid-rich foods such as salmon or tuna. Through coaching they can learn how to strengthen their organization and memory, improve social skills, and figure out how their brain functions best to find what works for them. The ADHD coaches Organization (ACO) can connect you with qualified ADHD coaches across the country. Related Conditions Those with ADHD are also prone to a variety of other issues including anxiety, learning disabilities, oppositional defiant disorder, substance abuse, bipolar disorde related conditions, as well as ongoing screenings if an ADHD diagnosis is made. If another condition is also diagnosed, your doctor can recommend a number of treatment options that, similar to ADHD have lower levels of dopamine, the chemical that gives you a sense of excitement and arousal, they may be more likely to engage in risky behaviors like drugs, alcohol, having sex at an earlier age, or even adrenaline-seeking activities like bungee jumping or car racing. This is because the thrill of the behavior increases dopamine in the brain. "It's especially difficult for those with ADHD to do mundane, boring tasks because of their 'need' for stimulating activities." Rossillo says. But this doesn't mean that all people with ADHD may ultimately look for jobs that include constant movement, high intensity, or a fast-paced environment," Rossillo says. Emergency room doctor, anyone? ADHD Superpowers: The Upside No One Talks About Hyperfocus, humor, drive, passion, and of course, the famously-ADHD out-of-the-box thinking are among the many unique traits and positive abilities associated with ADHD. People with ADHD are known to be creative upside-down thinkers who care deeply for others (thanks to all the sensitivity and interpersonal intuition) and have lots of energy. "When we think about the challenges of ADHD, within the challenge repeatedly stump others. Some employers see a competitive advantage in a workforce that supports this type of diversity. Today, a growing number of companies are increasingly recruiting more neurodivergent thinkers (which includes people with ADHD).13,14 Hyperfocus. When someone with ADHD is engaged in something interesting to them, they can focus for hours, so, there's a reason why your child can spend half a day playing Nintendo or skateboarding and five minutes on his homework. Intuition. People with ADHD are often highly sensitive and intuitive with a keen ability to pick up on what others may be feeling. This can make them very empathetic, loving, and kind. It's important to recognize that many people with ADHD are very intelligent but they learn differently and may need more structure, extra time, and specific tools to realize their full potential and truly thrive. FAQs Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental condition affecting both children and adults. In fact, about 8 million adults in the US are living with the condition, and the estimated number of children diagnosed with ADHD is 6.1 million. It's not exactly clear what causes ADHD, though most researchers blame it on a combination of biology, genetics, and the environment. There's no specific ADHD gene, but lots of studies show a genetic link, meaning it's common for a person diagnosed with ADHD to have at least one close relative with the condition. Toxins and chemicals in foods, cleaning products, as well as lead exposure in the environment, can all increase the risk for ADHD because they can disrupt normal brain development. Other factors such as a traumatic brain injury and low birth weight may also contribute to ADHD. There is a slew of symptoms associated with ADHD and they can vary from person, but the most common ones include impulsiveness, disorganization, poor time management, problems focusing on tasks, difficulty multitasking, hyperactivity or restlessness, low frustration tolerance, mood swings, poor planning, problems following through and completing tasks, and difficulty coping with stress. There are three types of ADHD. Primarily Hyperactive-Impulsive ADHD are super fidgety, restless, impulsive, impatient, tend to interrupt others or talk incessantly. People who have Primarily Inattentive ADHD (previously known as ADD) have trouble focusing, completing tasks, or following instructions. They can be daydreamers and often misplace keys and homework. Primarily Combined Type ADHD is a combination of both types of ADHD. A child or adult diagnosed with ADHD faces daily challenges that impact nearly every area of his or her life. But persistence in finding the right medication and dosage—while also making time for therapy that focuses on effective behavioral coping techniques—will be the key to successfully managing this condition. National Institute of Mental Health. Attention-Deficit Hyperactivity Disorder. Available at: . Last updated November 2017. Accessed August 27, 2020. Centers for Disease Control and Prevention. Attention-Deficit Hyperactivity Disorder. 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