

PATIENT MIND INC.

Reinventing how patients and clinicians absorb new science

ADHD is one of the most common neurodevelopmental disorders of childhood.

- ADHD (Attention Deficit Hyperactivity Disorder) can be effectively treated and managed
- There are three types of ADHD
 - **Inattentive presentation** includes being...
 - unorganized and unable to finish tasks.
 - unable to pay attention to details.
 - unable to follow instructions or conversations.
 - easily distracted or forgets details of daily routines.
 - **Hyperactive-Impulsive Presentation** includes...
 - fidgeting and talking a lot.
 - restlessness and has trouble with impulsive.
 - interrupting and speaking at inappropriate times.
 - prone to accidents and injuries.
 - **Combined Presentation** includes...
 - Symptoms of two types above are equally present.

Your Next Clinical Visit

- **Discuss causes and risk factors like...**
 - genetics and family history.
 - premature delivery and Low birth weight.
 - alcohol, tobacco or toxin exposure use during pregnancy.
 - brain injury.
- **The diagnosis of ADHD is based on...**
 - family history.
 - Family and teacher interviews.
 - physical examination to rule out other conditions.
 - ADHD checklist.
- **ADHD can be effectively treated and managed with...**
 - behavior therapy.
 - medication and/or stimulation devices.
 - training for parents.
 - healthy diet, exercise, limit screen time, regular sleep.
- **Treatment Plan**
 - Closely monitor effectiveness.
 - Have regular follow-ups.
 - Change plan based on need (Evolving Plan).
- **Communication**
 - Practice shared decision-making: This is when you and your clinician form a plan together based on science and your preferences.

ADHD Myths

ADHD is caused by...

- *eating too much sugar*
- *watching too much TV*
- *poor parenting*
- *Poverty*
- The above however, do intensify symptoms.