



ADHD



What is ADHD?

- ADHD stands for Attention Deficit Hyperactivity Disorder
- People with ADHD have a hard time controlling their feelings and paying attention
- ADHD is a common disorder that is often diagnosed in childhood. About 3-5% of preschool age children have ADHD
- ADHD starts in childhood and often lasts into adulthood, but not always. About 50% of children have symptoms that continue as adults

What causes ADHD?

- The exact cause of ADHD is unknown. It is likely a mix of genetics and the environment
- ADHD has a genetic component, and often runs in families
- Research does not support beliefs that ADHD is caused by too much sugar, too much screen time, or family stress. These factors may worsen ADHD symptoms, but they do not cause them

What are the signs of ADHD?

Inattention

- Trouble focusing
- Careless mistakes
- Easily distracted
- Trouble following directions
- Forgetful & disorganized

Hyperactivity

- Fidgeting & restlessness
- Lots of movement
- Often "on the go"
- Hard to wait their turn
- Hard to sit still

Impulsivity

- Lots of talking
- Often interrupts
- Gets frustrated easily
- Many mood swings
- Risky behavior

How do you treat ADHD?

- The best treatment for ADHD is a combination of therapy and medication
- The best medications for ADHD are drugs called "stimulants." They work by changing the level of chemicals in the brain
- These treatments will not "cure" ADHD, but they can help people with ADHD live healthier & happier lives
- There are many different treatment choices. Talk to your doctor about which treatment options would be best for you or your child

For more information visit www.mededmaterials.org

Sources:

<https://www.cdc.gov/ncbddd/adhd/index.html>,

https://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/FAQ.aspx

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