



ADHD Information Library

ADHD Medications, ADHD Diet, and Alternative Treatments

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ADHD : What is "Attention Deficit Hyperactivity Disorder" ?

ADHD is a neuro-biological disorder that impacts nearly 9% of children and teens today. This "ADHD Information Library" is the most comprehensive source of information on ADHD for parents and teachers with over 250 articles, insights, and tips to help your ADHD child be more successful. Understand that ADHD is not the result of bad parenting, or too much T.V., or a lack of either discipline or love by parents. While any or all of these may be problems, because "Attention Deficit Hyperactivity Disorder" is a genetically based condition it would exist even if Ozzie and Harriet were the parents. **"ADD ADHD" has neurological and biological roots.** There are very **strong genetic factors** that influence both brain function and development. There are also other potential contributing factors that might cause one to acquire ADHD problems, such as **brain injuries** received either in utero, or after birth, or high fevers from infections, and so on. While we would argue that head injuries should be classified as "head injuries" rather than as "ADHD", in many studies they are included as some form of Attention Deficit Hyperactivity Disorder.

ADHD impacts individuals in four main areas of their life:

- **Inattention** - ADHD causes people to have problems paying attention to routine or boring tasks, or to stay focused on a task long enough to finish the task, especially if the task is not very interesting. The person might be able to focus on interesting projects or entertainment such as video games for long periods of time, but it is the boring tasks of life that are *very difficult*.

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- **Impulsivity** - Often ADHD causes a lack of self-control. Impulsive behaviors or choices can cause havoc in relationships, work, school, or life. Saying things, or doing things without thinking first is a pretty classic symptom of Attention Deficit Hyperactivity Disorder in both children and adults.
- **Hyperactivity** - About half of those with ADHD are "bouncy" like Tigger, hyperactive, always "on the go," and restless. The standard line is that they act as if they are "driven by a motor." Another good description is "excessive, non-goal directed, motor activity."
- **Easily Bored** - Unless the task is very stimulating, like a video game or TV program or outside playing, those with Attention Deficit Hyperactivity Disorder are often easily bored by a task - especially bored by homework, math tests, balancing checkbooks, or doing taxes, and many of these tasks just never get done.

Attention Deficit Hyperactivity Disorder

ADHD

ADHD is the short abbreviation for "**Attention Deficit Hyperactivity Disorder**", which is one of the most common *childhood behavior disorders*. It is estimated that somewhere between *5% and 9% of all children have this neuro-biological condition*. Of all children referred to mental health professionals, more are referred for ADHD than for any other condition.

But Attention Deficit Hyperactivity Disorder is also one of the most treatable of all psychiatric disorders, with several effective options ranging from medications to alternative therapies, psycho-social treatments, and educational interventions.

Those with ADHD can have problems in many of the areas of their life, including home, school, work, and in relationships. Attention Deficit Hyperactivity Disorder is a chronic and unrelenting problem. Though it will change in form through the years, it will persist into adulthood and impact all relationships including marriages, parenting, and work performance.

"ADD ADHD" is a neurologically based disorder.

This position has become controversial as many would like to dismiss the diagnosis of Attention Deficit Hyperactivity Disorder altogether saying that there is no evidence of neurological differences, or that there are no medical tests to diagnose ADD ADHD, or that the diagnostic criteria is too broad. But they would be wrong. There is an overwhelming amount of research to support the statement that, indeed, Attention Deficit Hyperactivity Disorder is a neuro-biologically based condition. We discuss this in great detail in the [neurology of the ADHD brain](#) and offer plenty of [ADHD research information](#).

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Brain imaging studies show that the brains of those with ADHD are different from those without ADHD in terms of size, activity, and development. Certain regions of the ADHD brain can be as much as 10% smaller than those without Attention Deficit Hyperactivity Disorder. And areas such as the frontal lobes, cerebellum, and anterior cingulate, can be very under-active compared to normal. These areas can also be as much as two to three years behind in development compared to normal. These differences will remain through the life of a person with ADHD.

ADHD impacts various systems of the brain, particularly systems involved with "executive functions", "inhibition", and "working memory". Most of these involve the activity of the frontal lobes, and the interaction of the frontal lobes with other structures of the brain acting as a "system". But since the frontal lobes are smaller, less active, and behind in development, each of these systems is impacted to some degree. As other areas of the brain are also affected, the look or type of Attention Deficit Hyperactivity Disorder is different. [Read more](#)

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ADHD Teen Problems : Anti-Social Behaviors and ADHD

Submitted by Douglas Cowan Psy.D. on Mon, 07/30/2012 - 17:27



Anti-Social Behaviors and ADHD

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Working Memory in ADHD : Attention Deficit Disorder

ADHD : What is "Working Memory"?

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Affordable Care Act : Will It Impact Your ADHD Child's Treatment ?

How Will the Affordable Care Act (ObamaCare) Impact Your ADHD Child's Doctor?

Now that the ACA has passed the Supreme Court both doctors and patients need to start gearing up for the changes that will be coming to our healthcare system within the next year or two. Those that wait until the last second to consider the changes will be the most surprised when they come. Parents, it is time for you to have a conversation with your physician about his or her plans for the next year or two. Will they remain in practice? Will they sell their practice to a larger corporation? If so, how might that impact your ADHD child's treatment? If you begin thinking about these possible changes now, you won't be caught off guard when the actual reality changes 12 to 18 months from now.

There are a lot of details to the ACA. It is a gigantic program. While there is still some uncertainty whether Congress will try to over-turn it, right now we know that it will add as many as 20 to 40 million people to the Medicaid program over the next few years. The estimate is that 20 million Americans will [Read more](#)

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Should ADHD be Divided Into Three New Disorders ?

Submitted by Douglas Cowan Psy.D. on Tue, 07/03/2012 - 21:05



Is ADHD Conceptualized and Described Well?

Is it possible that in the near future we will throw away the way that we presently categorize ADHD, and replace it with something altogether new? Will we say "good-bye" to "inattentive type", "impulsive-hyperactive type", and "combined type" of ADHD as listed in the DSM-IV today? What will happen to Winnie the Pooh, Tigger, Rabbit, Piglet, and Eeyore as illustrations of the different types of ADHD? After recently hearing a lecture from Russell Barkley on the latest research into ADHD, I was convinced that changes need to be made in how we conceptualize, describe, and treat ADHD. But I am just not sure what changes need to be made. Based on the newest evidence it would seem though that:

- Winnie the Pooh, Piglet, and Eeyore suffer from one common type of ADHD disorder;
- And that Tigger and Rabbit suffer from a separate and distinct and different type of ADHD disorder;

And that there is a third distinct and separate disorder reserved for those with a so-called and combined ADHD

- And that there is a third distinct and separate disorder reserved for those with a co-morbid and combined ADHD and Oppositional Defiant Disorder.

What they have in common are:

- Some degree of Inattention;
- Some degree of frontal lobe involvement;
- Some degree of working memory deficits and executive function impairment;
- Problems at school;
- Some degree of delayed brain development.

ADHD Types : Similarities and Differences


But there are so many more differences that the case will be strongly made that they are not both ADHD with slight differences, but rather that they are completely different neuro-biological disorders. Look at the table below: [Read more](#)

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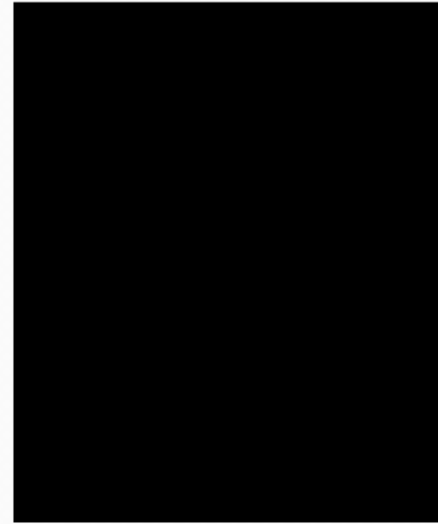


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