



FOR YOUR HEALTH

NEWSLETTER

MARCH 2015

Nearly every medical, psychological, and educational organization in the United States has concluded that Attention-Deficit/Hyperactivity Disorder (ADHD) is a real, brain-based medical disorder. They also recognize that children and adults with ADHD benefit from help.

ADHD is a Common Disorder

ADHD can occur in every age, gender, IQ, religion and economic background. In 2011, the U.S. Centers for Disease Control and Prevention reported that the percentage of children in the United States who have been diagnosed with ADHD is 9.5%, boys two to three times as often as girls.

ADHD, AD/HD, and ADD all refer to the same condition. The difference: some exhibit hyperactivity and some don't.

Diagnosing ADHD is a Complex Process

For ADHD to be considered, the person must show signs of being inattentive, abrupt or hyperactive; demonstrate problems with daily life in several life areas (work, school, or friends), and have shown these behaviors for at least six months.

Because many of these issues look like extreme forms of normal behavior, it's sometimes hard to make a firm diagnosis. Also, several other conditions may look like ADHD, so doctors must consider possible other causes of the symptoms before making a finding of ADHD.

What makes ADHD different from other conditions is that the symptoms are extreme and constant. They appear in many settings and continue showing up throughout life.

No single test can confirm that someone has ADHD. Instead, providers rely on many tools, most important being information about the person, his or her behavior, and surroundings. Diagnosis depends on if the person meets all of the norms for ADHD.

ADHD is real, common, and complex

It is normal for all children to sometimes have difficulty focusing and behaving. However, children with ADHD do not just grow out of these behaviors, which can continue and cause problems at school, at home or with friends. A child with ADHD might:

- dream a lot
- forget or lose things often
- move or fidget often
- talk too much
- make careless mistakes or take risks
- have a hard time saying no
- have trouble taking turns
- have difficulty getting along with others

Other Mental Health Conditions Often Occur Along With ADHD

- Up to 30% of children and 25-40% of adults with ADHD have another anxiety disorder.
- Experts predict that up to 70% of those with ADHD will be treated for depression at some point in their lives.
- Sleep illnesses affect people with ADHD two to three times as often as those without it.

ADHD is No One's Fault

ADHD is NOT caused by bad parenting, family problems, poor teachers or schools, too much TV, food allergies, or too much sugar. Instead, research shows that ADHD can be inherited and is brain-based..

Factors that appear to increase one's likelihood of developing ADHD include gender, family history, risks during pregnancy, environmental toxins, and physical differences in the brain.

ADHD Treatment is Multi-Faceted

Available treatments focus on reducing the symptoms of ADHD and improving functioning. Treatments include medication, various types of psychotherapy, behavioral interventions, educational support, or training. Usually people with ADHD receive a combination of treatments.

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