



ADHD – Establishing a Treatment Plan

Part of treating Attention-Deficit/Hyperactivity Disorder is understanding the possible causes and origins of this disorder. While it is one of the most studied conditions of childhood, the cause is still not clear.

However, the research done to date has shown the following:

- ADHD is a biological disorder. They have problems with chemicals that send messages in the brain.
- A lower level of activity in parts of the brain that control attention may be associated with ADHD.
- ADHD appears to run in families. Parents diagnosed with ADHD at the same time as the child.

Research also has shown that there is no evidence that ADHD is caused by the following:

- Eating too much sugar, Food additives, Allergies, Immunizations

While the causes of ADHD may not be clear, the outlook for those who receive treatment for ADHD is very encouraging. There is no specific cure, but there are many treatment options:

- A long-term management plan with Target outcomes for behavior, follow-up and monitoring
- Education about ADHD
- Teamwork among doctors, parents, teachers, caregivers, health care professionals and the child
- Medication
- Behavior therapy
- Parent training
- Individual and family counseling

Educating the people involved about ADHD is a key part of treating your child. As a parent, you will need to learn about ADHD. Read about the condition and talk to people who understand it. This will help you manage the ways ADHD affects your child and family on a day-to-day basis

The following are examples of target outcomes:

- Improved relationships with parents, siblings, teachers and friends
- Better schoolwork
- More independence in self-care or homework
- Improved self-esteem
- Fewer disruptive behaviors
- Safer behavior in the community (eg, when crossing streets)

The target outcomes should be specific as well as:

- Realistic
- Something your child will be able to do
- Behaviors that you can observe and measure (eg, with rating scales)

While treatment for ADHD should improve your child's behavior, it may not completely eliminate the symptoms of inattention, hyperactivity and impulsivity. Children who are being treated successfully may still have trouble with their friends or schoolwork.

ADHD – Unproven Treatments

You may have heard media reports or seen advertisements for "miracle cures". Carefully research any such claims. Is the source of information valid? At this time, there is no scientifically proven cure.

The following methods **have not been proven to work** in scientific studies:

- Optometric vision training (thought that faulty eye movement cause the behavior problems)
- Megavitamins and mineral supplements
- Anti-motion-sickness medication (to treat the inner ear)
- Treatment for candida yeast infection
- EEG biofeedback (training to increase brain-wave activity)
- Applied kinesiology (realigning bones in the skull)