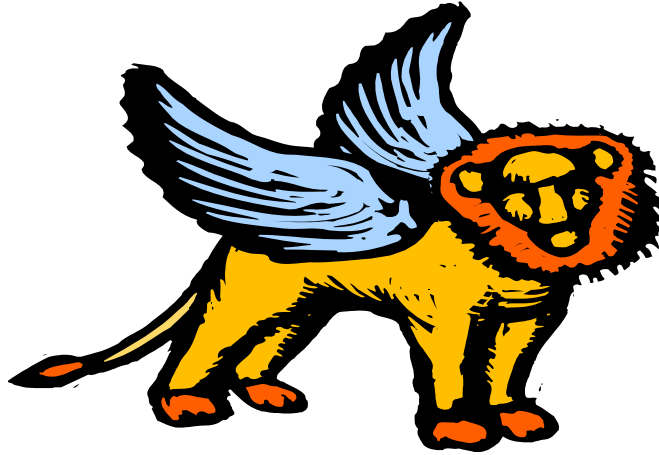


# MYTHS About ADHD



## 1. IT WAS THE DISEASE OF THE 90's.

ADHD was first identified as a distinct clinical syndrome in 1902. Hundreds of professional articles have been written about it by almost every major college and university, as well as the National Institute of Mental Health. It has been recognized by the American Psychiatric Association for decades. However, more has been learned about it in the past 10 years, than in the preceding 150.

## 2. IT'S CAUSED BY POOR PARENTING.

Multiple research studies now show it is caused by faulty regulation of two or more neuro-transmitters in the brain. Although parenting styles can influence ADHD for better or for worse, parenting does not cause ADHD.

## 3. IT IS OVER DIAGNOSED.

Because of much media attention and consequent mis-information as well as dis-information, ADHD has been mis-diagnosed. However, studies show that the incidence of ADHD in the general population runs from 5% to 10%. Also, studies confirm that roughly 50% of those with ADHD remain undiagnosed!

## 4. PEOPLE WITH ADHD FREQUENTLY ABUSE STIMULANT MEDICATIONS.

Again, media attention to incidents of this exaggerate the reality. As a group, ADD'ers do not abuse their prescription medication any more than the general population.

## 5. PEOPLE WITH ADHD JUST NEED TO TRY HARDER.

Research using state-of-the-art brain scanning techniques have shown that the brains of ADD'ers actually shut-down when they exert effort to concentrate harder. So, the harder they try, the worse it gets!

## **6. ADHD IS A MINOR DISORDER.**

Epidemiological studies show 5% to 10% of the population have ADD. That's about 12 to 24 million people! In addition, 43% of ADHD males have at least one arrest, 52% of ADHD adults abuse illicit substances, and 75% of ADD'ers have significant relationship problems.

## **7. EVERYBODY OUTGROWS ADHD.**

Research says 60% to 80% do not outgrow ADHD. The newest research supports the 80% figure! Plus, it suggests that even those who appear to not have symptoms any longer have simply learned more effective coping.

## **8. ADHD PEOPLE ARE NOT AS INTELLIGENT AS OTHERS.**

Research says: Not so. As the concept of intelligence is being more broadly, more clearly, defined, we are finding that ADD'ers "intelligence" lies more in the visual and tactile areas. Consider some of the "brightest minds" of the 20th Century: Albert Einstein, Thomas Edison. Both ADD'ers!

## **9. DOESN'T EVERYBODY HAVE ADHD?**

We all have our "ADHD days". For example, we all have difficulty concentrating, remembering, or getting overly frustrated, at times. However, the diagnosis of ADHD requires the presence of these and several other symptoms, frequently, over a period of years. Clinical depression is diagnosed similarly. We all feel "down" at times, but the clinically depressed person feels that way to a greater degree, more often.

## **10. ADHD IS AN AMERICAN DISEASE.**

Epidemiological studies have identified ADHD in every other country of the world. The incidence appears to be the same worldwide: 5% to 10%.

**by**

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