

ADHD BASICS

1. What is it? –

Neuro-biological Disorder
Serious and potentially disabling

2. Core Symptoms -

Involuntary Mental Distractibility
Involuntary Physical Restlessness
Involuntary Impulse Disinhibition

3. Other Significant Symptoms (confirmed in past 15 years) -

Distorted sense of time
Cognitive Processing Delays
Mood Modulation Problems
Sleep Cycle Problems
Bed Wetting, Bowel Control Problems
Various Sensory Anomalies (Tactile, Proprioceptive, Smell/Taste)
Impaired Auditory Processing (accuracy & speed)
Executive Functioning Deficits – Working Memory
Organization
Shifting
Self-Monitoring

4. Causes -

Hereditary
Brain Neurotransmitter Dysregulation – Dopamine, Norepinephrine
Brain Size Anomalies – smaller Right Frontal Cortex, Caudate, Globus
Pallidus, Corpus Callosum, Hemispheric Asymmetry

5. History -

First Clinically Identified – 1902 (in Great Britain)
Stimulant Medications first used - 1940
PET & fMRI Scans prove brain chemistry problem – 1990 - present

6. Symptoms Fluctuate -

Increase - In dull, boring, uninteresting, difficult, confusing situations
Decrease – In fun, exciting, interesting, easy situations

7. Medication Myths -

They're Dangerous
They're Addicting
Alternatives Are Better