

ADHD Kitchener

ADHD Kitchener - The condition of ADD or otherwise known as attention deficit disorder could affect both adults and children. It could present itself in children with them failing to concentrate at school, or making careless mistakes on assignments or in other activities. People who cope with with this condition can usually be accused of daydreaming and seeming not to listen when spoken to. They often fail to finish tasks and have problems following directions. It is common for them to exhibit too much distractibility and forgetfulness as well. Losing stuff required to facilitate tasks and procrastination are other problems. Numerous kids with ADD also have a sort of an accent.

Grown-ups who have ADD may have a lot of the above signs as well as having trouble finishing projects that have been previously started, having difficulty concentrating on conversations, making careless mistakes when having to work on difficult or uninteresting projects and having difficulty organizing the completion of a task. Clutter is a common feature within work spaces and houses and even in the vehicle. Disorganized personal things, normally of no use to the individual or worn out and old, could become a cluttered mess. Adults may likewise have problems remembering appointments or obligations and could often change plans. These individuals could become very much distracted by noise or activity.

Prevalence

As different countries diagnose the condition in different methods, it is hard to say precisely how many children in the world have ADD. It is estimated that up to 10% of kids in the US suffer from ADD. It is present in about 1-5% of the world population. There are about 5 times more boys than girls who are diagnosed with ADD. This can be because boys are more likely to be hard to manage and be overactive whenever they are coping with attention problems.

Treatment

Many people have traditionally turned to medication as a way to help improve concentration. The medicines prescribed may work well for some individuals and could barely have an effect on others. As well, lots of symptoms could reoccur when the medication stops. The medications are in two categories, stimulants and non-stimulants. They could have extreme side effects as well. Among the frequently prescribed stimulants consist of Ritalin, Vyvanse and Adderall. The non-stimulant medication is generally anti-depressant medications like for example Zoloft, Prozac and Wellbutrin.

Everyone is not right for using medications. In this particular case, behavioural cognitive therapy is often recommended. These methods may help improve social functioning, organizational skills and study techniques. Several individuals have found great success in lessening food colorings and additives in their diet. Various people avoid sugar and switch to natural foods diet also. Recent studies have proven that changes in diet could actually be successful. More research is being performed on the condition so as to help people deal better and learn to function at a more successful rate.