



HEALTH AWARENESS

AD/HD: A Common Brain Disorder Crosses Generations

(NAPSA)—Attention deficit/hyperactivity disorder, or AD/HD, has been reduced to an excuse for laziness or an unwillingness to focus. Many people don't realize, however, that AD/HD is a scientifically proven brain disorder that can have a significant impact on a person's everyday life. It runs in families, and scientists believe it is inherited.

AD/HD is characterized by chronic inattention, impulsivity and, in some cases, hyperactivity. An estimated three to five percent of school-age children (that's 3.5 million students) and approximately two to four percent of adults have the condition.

While some people have mild AD/HD with only a few symptoms, others have serious AD/HD with more or worse symptoms. The disorder can cause problems in daily life, especially at home, school, work and in personal relationships. But with appropriate treatment, people with AD/HD can and do lead fulfilling lives.

Critics argue that AD/HD does not exist. Some say that the disorder is the result of excessive sugar intake, food additives, excessive viewing of television, poor child management by parents, or social and environmental factors such as poverty or family chaos. However, research has found that AD/HD has a strong neurobiological basis, rooted in the brain.



Scientists believe that AD/HD, a condition characterized by chronic inattention, runs in families and is inherited.

Fortunately, the medical community has come a long way in accurately diagnosing and treating individuals with this condition. CHADD, the nation's leading advocacy organization serving individuals with AD/HD, advocates a multimodal approach to the treatment of the disorder. This includes (1) parent and child education about diagnosis and treatment, (2) behavior management techniques, (3) medication and (4) school programming and supports. Treatment should be tailored to the unique needs of each child and family.

What can you do if you suspect that you, your child or someone you know has AD/HD? Contact CHADD. To learn more, call the CHADD National Resource Center on AD/HD at 1-800-233-4050, where trained information specialists can answer your questions, or visit www.chadd.org.