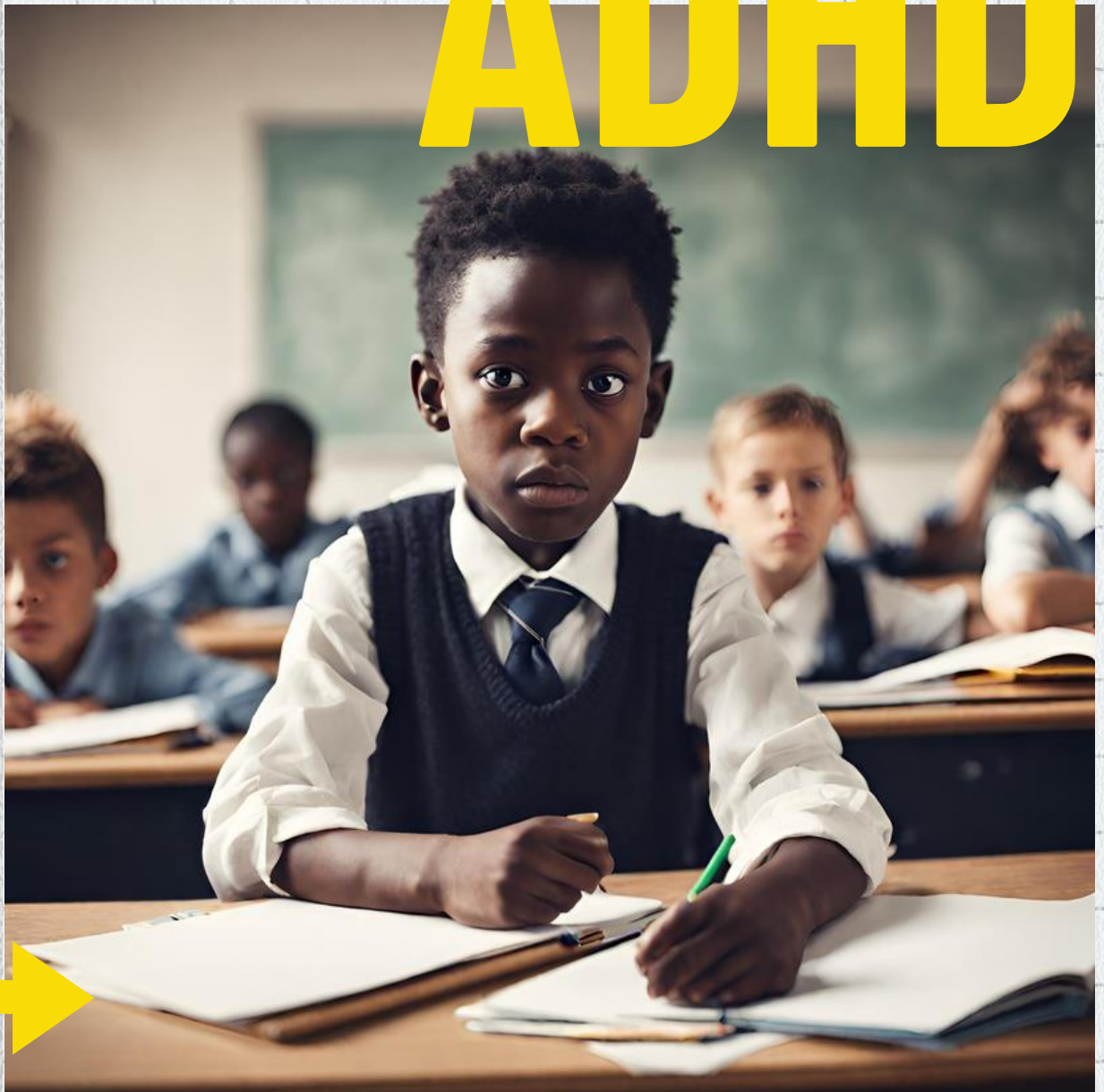


WHAT TO KNOW ABOUT ADHD



ADHD, a prevalent brain disorder, is usually identified before the age of 12. It is essential to debunk myths that attribute it to parenting or external factors such as video games or sugar consumption. Rather, it is a neurodevelopmental condition that impacts behaviour in different environments, beyond just being perceived as misbehaviour in children.

DECODING ADHD



SYMPTOMS AND EXPLANATIONS:

Hyperactivity/Impulsivity variant: Often diagnosed earlier, this variant includes symptoms like excessive fidgeting, difficulty staying seated, impulsiveness, interrupting others, and difficulty waiting for turns. It reflects challenges in impulse control and hyperactive behaviour.

A **combination variant** is commoner, and includes -
Inattention variant: Usually diagnosed later, symptoms include difficulty sustaining attention, easily distracted, forgetfulness, frequently losing items, and difficulty organising tasks. This variant highlights issues with focus, organization, and attention management.

ADHD IMPACT

ADHD affects neurodevelopment, with symptoms ranging from mild to severe. It impairs attention regulation, akin to a brain randomly switching TV channels or fixating on one channel without focus. This impacts planning, sleep, behavior, decision-making, and emotion regulation, often leading to challenges in relationships, education, and daily tasks.



MANAGEMENT AND SUPPORT

While medication may be necessary in some cases, it's essential to explore various interventions. Family education and support are vital, as ADHD often runs in families. Removing stigma and appreciating individual strengths are crucial steps. Understanding that ADHD is not laziness or failure but a different cognitive process can lead to tailored strategies for success, emphasising engagement, recognising individual challenges, and developing adaptive coping mechanisms.