

Attention Deficit Hyperactivity Disorder

Cheat Sheet

The ADHD Iceberg

WHAT IS ADHD?

ADHD, or **Attention Deficit Hyperactivity Disorder**, is a neurodevelopmental condition characterized by persistent patterns that affect both children and adults.

Discover what else individuals with ADHD struggle with and explore both visible and invisible issues you may have to navigate.



Trouble Focusing

Easily distracted and forgetful



Hyper-Activity

Constant movement and restlessness



Impulsivity

Interrupts and acts without thinking



Time Management

Always late or rushing



Dis-organization

Trouble prioritizing tasks



Strained Relationships

Mood swings and frustration



Emotional Struggles

Difficulty maintaining connections



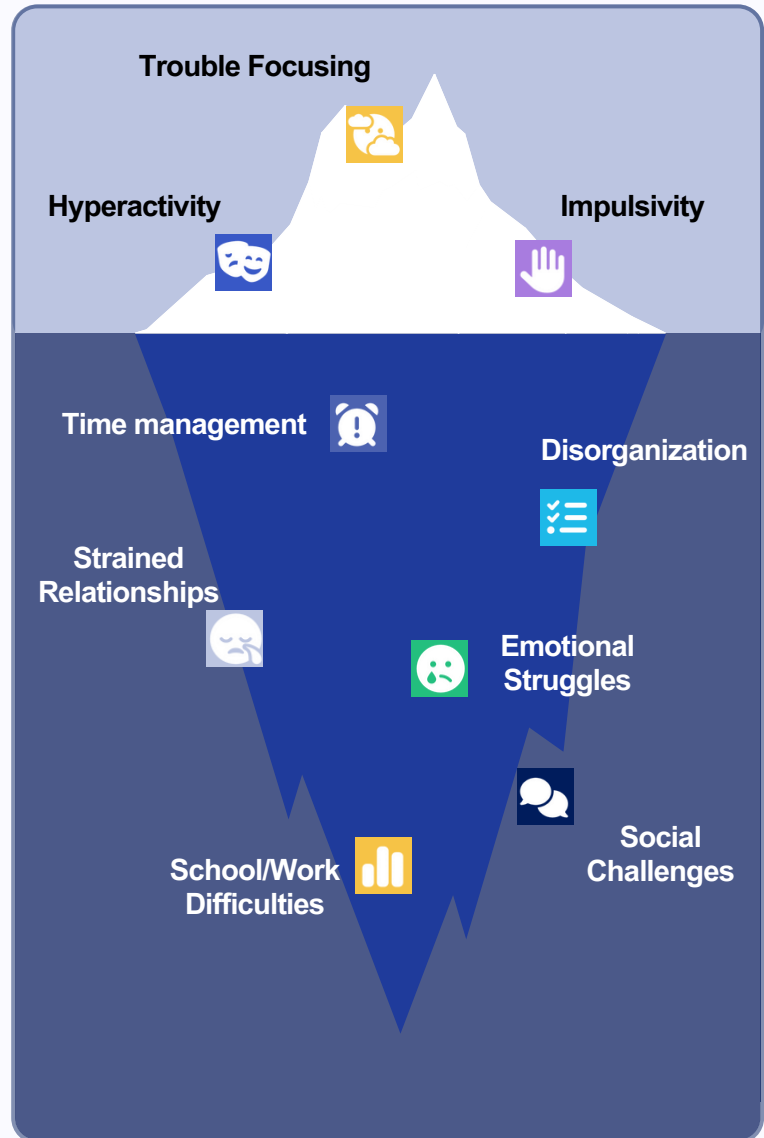
School/Work Difficulties

Inconsistent performance



Social Challenges

Struggles with interactions



Risk Factors for ADHD



Understanding ADHD begins with recognizing the multiple risk factors that come into play. While these factors don't guarantee someone will develop ADHD, they can increase the likelihood.



Role of Genetics

ADHD runs in families, showing a genetic link.



Prenatal Risks

Premature birth, low birth weight, can raise ADHD risk.



Environment Risk

Toxins and social instability affect the brain.



Brain Injuries

Injuries that can heighten ADHD likelihood.



Gender and Age

More common in boys and younger kids.



Other Disorder

Often coexists with mental or learning issues.

Managing ADHD Symptoms

HOW MANY PEOPLE HAVE ADHD?

3.3M

U.S. children ages
12 to 17 years
have been
diagnosed with
ADHD



35% TO 78%

of children diagnosed
with ADHD **maintain**
symptoms as an
adult.

ADHD brings challenges, but it doesn't mean one can't lead a fulfilling life. Learn the right techniques to manage ADHD symptoms to get a clearer signal in your life's broadcast.

- Use digital tools, color coding, and a tidy workspace for better organization.
- Utilize focus apps, visual reminders, and daily mindfulness practices.
- Practice active listening, feedback, and role-playing social scenarios.
- Support well-being with a balanced diet, regular exercise, and therapy.

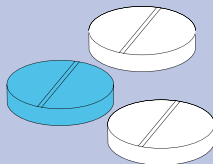


Medical Treatment for ADHD

WHY DO PEOPLE NEED ADHD MEDICATION?

Medications help improve the brain's ability to organize, plan, and focus.

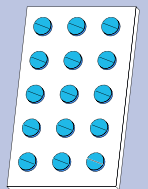
For many with ADHD, it's part of a broader treatment plan that includes therapy, counseling, and support at school or work.



HOW DOES ADHD MEDICINE WORK?

ADHD medications work by boosting brain chemicals like **dopamine** and **norepinephrine**.

This helps improve focus and reduces impulsivity and hyperactivity.



STIMULANT

The most common treatment, stimulants boost brain chemicals to improve focus.

Side effects: decreased appetite, trouble sleeping.



NON-STIMULANT

Used if stimulants aren't effective or cause side effects.

Side effects: stomach upset, drowsiness.



ANTIDEPRESSANTS

Useful for people with ADHD and mood disorders.

Example: Wellbutrin. Caution needed for seizure risks.



BLOOD PRESSURE MEDICATIONS

This helps with focus and impulse control.

Side effects: Drowsiness, need for gradual discontinuation.

Key Data and Statistics on ADHD

Many with ADHD also juggle other conditions, affecting their overall experience. Common comorbidities are:

33%

of those with ADHD also suffer from **chronic anxiety disorders**.

17%

have a coexisting **severe mood disorder**.

50%

of children with ADHD also have **behavioral disorders**.

Other associated conditions with ADHD: **autism spectrum disorder** and **Tourette syndrome**.

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your logo®

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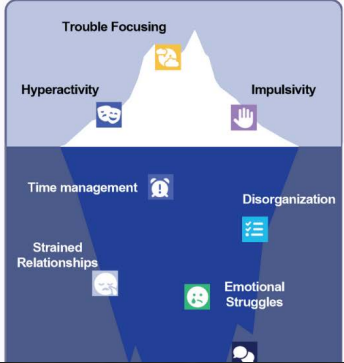
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