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What You Need to Know About... ADHD

ADHD Treatment: Starting the Process

Most parents wonder about ADHD treatments. Is this something that your child needs? How can you find out and ultimately what will the treatment involve? If you are one of these individuals, looking for a means to getting your answers will be the most important aspect. In other words, treatment can only come if you seek it out yourself. The first thing you need to do is to learn if your child even has ADHD.

Diagnosis

The first step in treatment for ADHD is to find out if the child has it. As a parent, you will want to invest some time in doing research, as there is plenty of it offered to you on the web. But, you should also include your doctor in your concerns about your child's behavior. Children that often are thought to have ADHD are usually misunderstood. If you find that your child is getting in trouble more than your other children, more than other children in their class or more than you think is normal, then talking to your doctor about ADHD is essential.

To get the process started, talk to your doctor about your concerns and then work to get the answers. Most of the time, children will need to be screened by their doctor physically. Then, they will talk to their social workers, psychiatrists and other professionals that are skilled in accessing ADHD cases. The testing may be just a series of questions to you and to your child individually. Encourage them to really talk about how they feel not to try to answer as they think you want to hear. In addition to these talks, your child may be asked to listen and respond to other tests.

Since each child is quite different, the process of assessing their condition is likely to be different for each child and each doctor. In some cases, it will be necessary to determine if the child has ADHD or if they perhaps have a learning disability. Often these can be interchangeable but getting the right diagnosis means getting the right treatment so it should take a bit of an extra step if necessary.

Once this process has been completed, you will work with your doctor to determine the right ADHD treatment for your child. It may be simple or it may be complex. Whatever it is, it is likely to be well worth the process. The fact is that your child can find relief if you get the process started.

ADHD Treatments: An Overview

Finding the right ADHD treatment means finding the right combination of treatment options for you. Each child or adult that has ADHD will find himself a bit unique in his situation. Just like any other condition, it is essential to gear the treatment of that condition to the specifics of it.

Yet, there is an overall significant similarity between the treatments offered. That is that each diagnosis and treatment will come with medication help, behavior help as well as educational interventions.

Medications

The first thing that comes to individual's minds when they here medication is illness. The fact is that children and adults that suffer from ADHD will experience conditions that are not like others. They often see things or learn things in a unique way. Often times this learning curve is something that needs to be well understood before medications can be administered. There are many medications that are available to aid in helping the individual deal with the conditions that his or her ADHD is causing. Some are very mild, some are very strong. Some offer very few side effects, others many. Your doctor will work with you to determine the right medication for your needs.

Behavior Therapy

Teaching the child how to cope with various situations when it comes to their ADHD can be greatly appreciated. Children that understand how to react when they are frustrated, angry or misunderstood can learn to better control their behavior and then find more success in their treatment. Yet, behavior therapy is often not enough on its own. Adding medication to the process can offer more rewards.

Educational Intervention

Education is also very important. If the individual with ADHD understands what ADHD is and realizes the benefits of his condition, he can better find success. Those that do not understand what is happening have little chance of having improved self esteem and may even fight behavior and medication treatments that are looking to improve his condition.

A combination of all of these treatment methods is usually the best course of action for the person that has ADHD. Although many parents fight the thought of medications, it is often a necessary part of allowing the child to find success with his condition. No matter who the individual is, help can be found for ADHD in the way of treatments when all aspects of the situation are taken into consideration.

ADHD Treatments: Is Your Child's Diet A Factor?

There is growing concern about what children are eating and how it affects their lives and their health. Today, children with ADHD are being studied to determine if in fact their diets have something to do with their ADHD. The facts seem to offer that those children that are facing ADHD treatments are missing the boat. That is, while doctors are prescribing medications, there may be some help in providing help to these children through diet modifications. Although there is no way to know for sure what is causing your child's ADHD, it is believed that some children face the symptoms of ADHD because of what they eat.

There are several things that are being considered. Research has shown that children that limit or monitor their intake of certain foods while insuring that the right nutrients are provided can find relief from ADHD without the harmful side effects of medications. Some doctors encourage their patients to work with monitoring diet as well as taking medications. In either case, there is more and more evidence that shows that what your child is consuming is not helping his ADHD.

Some of the most common theories that have shown at least some benefit to those children that have ADHD include the following:

- Limiting the amount of sugar in the child's diet will help to reduce ADHD symptoms.
- Limiting the amount of refined carbohydrates can help this includes white breads and pastas.
- A diet that offers higher amounts of protein that is lean can be helpful.
- Removing foods that the child has even slight allergens or sensitivities to can be helpful. Here, there is a need for testing to insure that all have been removed from his diet.
- Removing all food additives from the diet.
- Insuring that the child does not have any heavy metal toxicity and removal of any possible toxins.
- Treatment for any type of bacteria or parasites that the child may have in his intestines.

With the combination of these factors, some researchers believe that the signs and the symptoms of ADHD will be gone. Although you should never stop giving your child is medications without first talking to your doctor, improving the quality of the foods that he eats can be effective at offering some treatment for his condition.

ADHD Treatments: The Diet

When considering the right ADHD treatment for a child or an adult, it can be important to take a look at their specific diet. Those that find that medication do not work, do not want to take medication or are looking for added benefits with the medications should take a look at the diet of the individual that has ADHD. Studies have shown that many individuals that have ADHD also have diet deficiency. Other studies have shown that some individual's that do have ADHD have a body chemistry that reacts to some food products in the wrong way, leading to worsened symptoms.

It is essential to take a good look at the diet of the individual and adjust it if at all possible. Diet modification can help to improve the ADHD that an individual has, improving their life quality and lessening symptoms. One of the most well known types of diets to consider is that of the Feingold Diet. In this diet, the idea is to pull out some of the most unnatural of elements that are commonly found in food today. This may including such things as salicylates, food colorings and flavors that are not naturally there, as well as preservatives that are not natural.

Modifying the diet can be quite troublesome to individuals that face ADHD. Many times, children are the hardest hit by this change. Removing foods that are packed with preservatives, artificial flavorings and other poor quality ingredients can be difficult as it is in

many of the children's favorite foods. The more that they consume of these products though, the more troublesome their health and their ADHD can be.

One effective method to getting past this problem is to keep the diet in mind as a food change for the entire family. As none of these ingredients has shown to be good for the body, everyone can benefit by not consuming things like junk food chips, cookies, and other candies. Limiting them can also be helpful. Working to incorporate better health benefiting products is also a good thing.

There are some studies that show that improving the diet of a child with more whole foods, including foods that are not processed or refined can help to improve their ADHD symptoms. Although it is not thought of as causing the ADHD in the first place, there is evidence that an improved diet can lead to improvements overall for the child or adult that suffers from ADHD.

ADHD Medication Treatments

ADHD treatments often include some form of treatment medication. There are several medications on the market that are used extensively to help children as well as adults who have been diagnosed with treatment. Many of these treatment options are subject to the individual's reaction to them. Sometimes this means that you will have to try several before finding the right choice for your condition. Finding the right medication means that ADHD can be less of a problem for the individual and they can improve their day to day functions, especially at school or work.

Most medications for ADHD are stimulants. Many individuals do not understand this as many that suffer from ADHD are quite wound up and worked up. Yet, unlike those that would take a stimulant to give them more energy, the stimulants work in a different way for the person with ADHD. They work by stimulating the brain in a specific area to help them to gain benefits such as better attention spans, more control instead of impulse decisions and more focus in the tasks they need to accomplish. These medications work by helping the brain to have greater self regulation.

Here are some of the most common medications for ADHD treatments:

Methylphenidate: These are found in Ritalin, Metadate, Methylin and Focalin. These are usually taken three times per day after meals. There are others including Ritalin LA and Focalin XR that are long doses that will extend up to 12 hours.

Amphetamines: Here, you may find choices such as Dexedrine that is taken several times per day, Adderall which is both available in short and longer periods and others.

Other medications for ADHD treatment including Atomoxetine, Bupropion which is more well known as Wellbutrin, Benzphetamine which is much less powerful, Provigil which is a new choice, and Clonidine.

There is a lot of trial and error that goes into the determination of the right medication for an individual that suffers from ADHD. The best tool that can be provided to them is accurate diagnosis as well as diligence at taking the medications. When something is not correct with the medication, they should let their doctor know right then and there so that an alternative can be found. ADHD treatments with medication should also be helped with behavior and educational help as well. The combination can allow children and adults to find more answers to their questions and overall better results to their needs.

What Happens When Medications Are Not Enough?

Many times, individuals with ADHD do not respond well enough with the medications to offer them enough control and guidance over their situation. When this is the case, everyone involved can become quite frustrated and worried. Yet, there is little doubt that having the right tools and the right education about the condition can help you to get the success you need in finding the right ADHD treatment.

Sometimes, medication is not the only answer available. While any child or adult that is taking medication for ADHD should never stop taking it unless they talk to their doctor first, it can be quite beneficial to add other types of treatments to the fold as well. It is common for there to be differences in one patient to the next, so your first task in helping someone to get through ADHD problems is to find a successful and experienced doctor. All too often the family doctor is the one left to make the decisions about ADHD with the child. Finding someone that specializes can make the medication and the behavior choices better for them.

In addition, when medications do not seem to be enough treatment for ADHD, it is also important to consider stress levels, emotional trauma (some children with ADHD are depressed or otherwise facing anxiety that can worsen the symptoms) as well as diet. All of these things can trigger increased ADHD symptoms that can make the medications seem as if they are not working enough. Yet, these situations can be treated as well.

Alternative Treatments

There are several alternative treatments to ADHD medications. Those that do not want their child to take medication or do not feel that they want to take them themselves can use these alternative options to offer some help. Some studies have found that those that do not eat a balanced diet that is rich in minerals and vitamins are more likely to experience ADHD. In addition, there are those treatments which are not proven but can be helpful. Some claim that drinking mild stimulant products like Caffeine filled drinks can provide some of the calming effects of ADHD medications. There are herbal supplements that are available that also encourage help for ADHD.

It is true that sometimes medication do not work well enough for the individual. That does not mean, though that there is not any treatment or help for them. Working with a doctor that is skilled in the field can offer more success in finding the right solution for the child. There are many theories and misunderstandings out there. Yet, with the skilled doctor, you can find the treatment options that are right for you.

The Bad Side of ADHD Treatments

Once a child is diagnosed with ADHD, treatment options will present themselves. Since there are more and more children being diagnosed each day with this condition, there is little doubt that there are going to be some times when the wrong treatment is presented to the child. It is essential that parents take a great deal of caution in dealing with these issues. The best way to do that is to insure that you are fully educated when it comes to ADHD as well as the medications that are provided to the individual. With education about the bad side of ADHD treatments, the right treatment can be beneficial without added problems.

Side Effects

One thing that needs to be considered is the fact that there are side effects to many of the medications that are used to treat ADHD. Most drugs will have some side effects, but some are much worse than others. While your doctor will tell you the specific side effects for your particular medication, there are some that are more common in these medications. For example, some children have a loss of appetite while the medications are in their systems. Other symptoms that can be common include insomnia, nervousness, weight loss, problems with coming off the medications and mood swings. ADHD medication side effects offer a wide range of benefits and often these benefits can outweigh the side effects of the drug.

Getting Help

When you feel that the side effects of a treatment are troublesome talk to your doctor. He or she may recommend that the dosage of the medications be increased or lowered. Some medications affect some children differently. There are several different types of medications that can be used to treat ADHD though. So if one medication is not working well or the side effects are troublesome, your doctor should be contacted as there are other solutions.

Parents of children that are newly diagnosed with ADHD should pay close attention to the medications that the child takes. Sometimes it can take several days for the medication to enter the blood stream enough to see a difference. Sometimes not enough medication is prescribed. In addition, parents should keep track of any drastic changes or anything that is bothersome or worrisome in their child. With this information they can work closely with their child's doctors to find the most effective dose of medication. Include your child's teachers in this process as well.

Herbal ADHD Treatments

For those that are suffering from ADHD, there are many treatment options out there. Some people do not like to use chemical medications to treat conditions such as this. These individuals will attempt to seek out the help that they need in treating ADHD with alternative remedies. There are some wonderful herbal remedies that can help to promote health and well being to those that are looking for something other than medications. Although you should never just stop taking any type of medication prescribed to you by a doctor, you may find some relief in these herbal remedies as well.

One way to know if an herbal product has shown to be any type of help on the condition that you are faced with is to look at research studies. In some studies that have been done around the world in the last several years, there are some Chinese herbal remedies that have shown to provide children with improved well being and even treat ADD and ADHD effectively. One herbal remedy that does this includes herbal components including Chinese throwax root, skullcap root, ginseng root, red jujube fruit and other ingredients. The combination of the ingredients was said to provide a calming effect on the child.

Another formula that is used for ADHD treatment offers an anti-depressive formula and treatment. Here, you will find ingredients such as St. John's Wort, Kava Kava, Chamomile, Lavender essential oils, Skullcap, Signseng, and orange essential oil. This combination is said to provide for a treatment for ADHD as well.

Ginkgo is one herb that you may find in some of these herbal remedies. This type of herb is said to improve the blood flow to the brain. By increasing the vascular circulation there, it is said to provide improved memory as well as improving concentration. Hawthorne is another treatment options. Here, the goal is to strengthen the heart and the circulatory system. It is used in many ancient Chinese medications to calm the mind. In addition, herbs like skullcap, lemon balm and oats are used to help provide a nerve tonic that will help to nourish as well as offer normality to the nervous system, improving the individual's overall calmness and clarity.

Herbal remedies have been used for many years to treat conditions such as ADHD. Trying to incorporate some of these remedies can often be helpful. As they are natural, they are unlikely to cause side effects to the individual as well as long as they are taken as they are directed.

ADHD Treatments with Rewards

There are many beliefs about ADHD treatments and what will and will not work for the child. No matter if your child begins to take medications for their condition or not, there are likely to be benefits to the child's behavior if they are able to work with a reward program. These are programs that are designed to help a child to realize that some actions will result in negative reactions from you and that when they do good things that good things lead to positive responses from you. Children that have ADHD need constant reminding of these goals as well as the means to put in place a system that is consistent.

To help your child to learn how to control his behavior, there are several things that you can do.

- Set up a program that will reward your child for good behavior. Determine what the reward is and communicate with the child about what they can do to get that reward.
- Determine a system of punishment that is clear and consistent. A series of warnings that lead to the same punishment each time will help them to recognize what bad behavior leads to.
- Punishments can including removing of various privileges that the child enjoys. In addition, it can include anything but should be consistent each time the child does the negative behavior.

- The things that are negative behavior should be clearly defined. What things will lead to the punishment? This will help to encourage the realization that poor behavior leads to this punishment.
- Rewards should be provided immediately. Things like words of encouragement, positive reinforcement through spending one on one time together or a special prize are all rewards that can be appropriate.
- Different levels of rewards can be included.

Often times there are goals set forth for the child to accomplish. By having a chart or other mechanism in place where the child can visually see their progress will be helpful as well. This is common done in the form of a chart that allows them to place a check mark or other mark when they accomplish their goal. They can work up the chart to achieve the previously set forth goal then.

Finding the Right ADHD Treatment and Doctor

Today, there are more and more children diagnosed with ADHD. This trend does not mean, necessarily that there are more children that have this condition, but more diagnosing is happening now, where it was not just a few years ago. The problem with this is that often times the wrong diagnosis is given. Doctors that are prescribing medications are often not specialists in this field and that alone can lead to problems as there are many products on the market and research is constantly changing. If you or your child has been told that they have ADHD what are you to do to insure that they are getting the best overall treatment for their condition? There are several key elements to take into consideration here.

Consider ADHD Clinics

There are some wonderful clinics available around the country that offers specialists that will work with your child to determine what is causing their ADHD if possible and then to provide for the very best treatment for your child or for you. There are many adults that find this to be the most effective means of solving ADHD questions as these specialists will work with the individual until a solution is finally met.

Clinics often specialize in ADHD and that along allows them to have the latest information, the latest medications and the most knowledge about the subject. In addition, they are better capable of finding the right solution and the right ADHD treatment faster than others. This can be an ideal way to find the help needed for ADHD suffers.

Consider Schools

In addition to clinics, there are also specialized schools for children that suffer from ADD or ADHD. When a child is put into this type of environment, they may be more likely to learn in the correct manner. This is due to the way in which lessons are taught. Children with ADHD often learn better in more unique learning environments such as more hands on methods. Although they learn the same things, they also learn how to properly cope with their ADHD as part of the learning process, allowing them to learn how to handle social situations.

Finding the proper ADHD treatment as well as the right doctor for your child is essential in the process to helping them find relief for their ADHD. With many resources available today, there is no doubt that there is help out there. It is just a matter of finding the right help for them.

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