

# **Attention Deficit Hyperactivity Disorder (ADHD)**

## *What are the facts?*

ADHD is marked by impulsivity, hyperactivity and inattention. It can affect learning, peer relationships and family life. Accurate information about ADHD and its effective, evidence-based treatments are not always easy to find. There are many myths and suggested remedies that are not scientifically supported. The diagnostic process requires expert assessment. Here is some information about ADHD from governmental agencies and professional sources.

Here is a fact sheet from the National Institute of Mental Health:

*<http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>*

Here is an overview from the Centers for Disease Control and Prevention:

*<http://www.cdc.gov/ncbddd/adhd/>*

The American Academy of Pediatrics information on ADHD is here:

*<http://www.aap.org/healthtopics/adhd.cfm>*

There is much hope on the horizon. The National Institute of Mental Health released an optimistic report that may encourage families and individuals coping with ADHD:

*<http://www.nimh.nih.gov/science-news/2007/brain-matures-a-few-years-late-in-adhd-but-follows-normal-pattern.shtml>*

ADHD is not just a childhood condition - symptoms can persist into adulthood and affect individuals throughout the lifespan. Here is some information from Harvard Medical School:

*[http://www.health.harvard.edu/press\\_releases/adult\\_adhd\\_treatment.htm](http://www.health.harvard.edu/press_releases/adult_adhd_treatment.htm)*

From the National Council on Family Relations (NCFR), [www.ncfr.org](http://www.ncfr.org). [About NCFR / NCFR News and Events]

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