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Add and adhd meaning

Both Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder are conditions that tend to be the center of many discussions these days. Many people do understand the basic components that signify the conditions; however, they do not realize that ADD and ADHD are different. While they do share some similarities, understanding the differences between them is very important. ADD is difficult to distinguish from ADHD because it generally has the same meaning as one type of ADHD (ADHD, inattentive type). Essentially, both of these conditions refer to struggles with paying attention or remaining focused, but the causes, manifestations, and signs can all be different. Some will even say that one term is for children and one is for adults, but this inaccurate. Differences Between ADD and ADHD Discussing the similarities of these two terms is extremely difficult because ADD is not a term that is used in the medical field anymore. ADHD is the proper term, but even that has its flaws. Instead of simply saying that a person has ADHD, three different types have been identified. ADHD, inattentive type is often the one that is confused with ADD. Individuals with ADHD, inattentive type, as the name implies, have difficulty focusing on tasks and staying concentrated on one thing. The Other Types of ADHD To fuller understand the larger scope of this picture, you need to know a little bit about the other two forms of ADHD. ADHD, hyperactive-impulsive type means that the individuals have trouble staying still. It may not be a case where they just stop paying attention. Instead, they will get out of their seats during a class lecture or wander around when the other students are working in small groups. A person can also have ADHD, combination type, which means that he or she shows symptoms of both the inattentive type and the hyperactive-impulsive type. Who Does ADHD Affect? Many people assume that children are the only ones who can be affected with ADHD; however, this is not the case. It is entirely possible for adults to be diagnosed with ADHD. The ADHD might manifest first in childhood and then continue on into adulthood. On the other hand, a person might first begin to develop the symptoms of one of those three ADHD types in his or her adulthood. This condition knows no age. Root of Misconceptions Quite a few misconceptions exist about ADHD. The confusion with ADD and the use of the term likely results from the fact that it was used in the past to describe the condition. Persons who employed that term in the past may continue to do so now. The assumption that children are the only ones with ADHD may emerge because it is diagnosed with increasing frequency in early childhood cases. Whether you are struggling with ADHD yourself or you think your child might be, knowing the truth about this condition is essential to your understanding of it. ADHD is a comprehensive disorder that leads to different behaviors among children and adults including hyperactivity, difficulty holding attention, as well as impulsive actions. While it originally stood for attention deficit hyperactivity disorder, many doctors have chosen to redefine it slightly because it is more than just attention deficit and hyperactivity. There is no complete cure for ADHD. However, ADHD symptoms can be greatly reduced by carrying out different treatments based upon the different signs and symptoms that a person is exhibiting. Most people are diagnosed with ADHD as early as two or three years of age and it continues into adulthood. While most people are able to focus on the disorder better as they get older, it can be a struggle throughout an entire life. Many of the symptoms worsen when there is additional mental effort required to complete a task. Understanding ADHD Symptoms There are a significant number of ADHD signs, and they should be discussed with a doctor. The signs and symptoms expressed by individuals depends upon the specific type of ADHD they have. People who suffer from the Primarily Inattentive Type, more commonly known as ADD, typically express symptoms relating to difficulty focusing or finishing tasks. They have difficulty paying attention and are inattentive, as the type name suggests. Children are sometimes aloof and may not be involved in activities. Though boys are more commonly diagnosed with ADHD overall, the Primarily Inattentive Type is the most common expression of ADHD for girls. People who suffer from the Hyperactive-Impulsive Type express symptoms relating to hyperactivity as indicated by the name. This could include such things as constant fidgeting and an inability to sit still. People are also impatient or may interrupt others. Though inattentiveness is less of a concern with this specific type, individual may still mildly exhibit some of those symptoms as well. People who suffer from the Combined Type express strong symptoms from both Inattentive and Hyperactive-Impulsive types. Most children diagnosed with ADHD are diagnosed with this type. Specific symptoms could include children who exhibit greater than normal levels of energy combined with inability to focus and impulsive behaviors. Inattention is often characterized by actions such as failing to pay close attention in schoolwork, problems organizing, and getting distracted. Hyperactivity includes talking excessively, fidgeting, and leaving one's seat in a classroom or other situations when sitting is expected. Impulsive behavior surfaces in the blurting out questions, standing up in class or generally being disruptive. Some people show more ADHD signs than others. Most of the time, boys are diagnosed before girls because girls are more likely to daydream instead of fidget so it's easier to identify the signs. Speaking to a doctor is highly suggested if the signs continue for more than six months or are causing problems, either in relationships or at school. Looking at ADHD Causes There are a number of different ADHD causes, though there is still a significant amount of research being done to see if there are any other issues. Some of the top causes include altered brain function and anatomy, which can be as a result of maternal smoking, drug use, or even exposure to toxins. Children who are also exposed to these types of toxins also have a greater chance of being diagnosed with ADHD. Studies have also shown that ADHD causes are hereditary and several genes may actually be associated with it. It is also believed that food additives can lead to ADHD symptoms. This includes certain artificial colorings and preservatives. ADHD is one of the most widespread neuro-developmental disorders faced by children. In most cases it is initially diagnosed in childhood but can still be a problem all the way into adulthood. In certain cases ADHD is easy to diagnose, the subject will display classic symptoms such as constant fidgeting and inability to pay attention or finish tasks, but in other cases a diagnosis can be much more difficult to achieve. ADHD can have symptoms that mirror other conditions or that are more subtle and as a consequence harder to distinguish. There are three different types of ADHD: Predominantly inattentive type Predominantly hyperactive-impulsive type Combination type The symptoms that a person experiences the most of tell us what form of ADHD they have. These symptoms also need to impact the individual's day to day life and significantly affect their daily functioning in order to be considered a diagnosed case of ADHD. Symptoms fall into three broad categories: Inattention- lack of concentration and easily distracted. Impulsivity- tendency to interrupt and to constantly engage in risky activity. Hyperactivity- fidgeting, unable to slow down and rest, constantly talking and problems sticking to a task. No two people are alike so nobody is likely to experience these symptoms in exactly the same way. As a guide the three types of ADHD are outlined below. Predominantly Inattentive Type Statistically more girls seem to suffer from this form of ADHD. They will become bored very quickly and have problems focusing on a single task and organizing thoughts and learning new information. A person with this type will not seem to listen and move slowly and look as if they are daydreaming much of the time. Predominantly Hyperactive-Impulsive Someone suffering from this type of ADHD is characterized by the symptoms of hyperactivity and impulsiveness. They may also show signs of inattention but this is not as strong as the impulsive and hyperactive symptoms. What to watch out for is a tendency to fidget and squirm around and inability to sit still for any length of time. They will tend to talk incessantly. They also have a habit of picking up and playing with objects often at times that are inappropriate to whatever task they are working on. They are impatient and have problems doing any activity that is quiet. They will make inappropriate comments and blurt out answers and often interrupt conversations. This makes a child with this condition very disruptive to the learning activities of other students. Combination Type As the name suggest this form of ADHD is a combination of the previous two types. This is also the most common type among children. It is diagnosed if the person has six symptoms from predominantly inattentive and predominantly hyperactive. Conclusion Although ADHD is a challenge that will last for the person's lifetime it can be managed by medication and modification to behavior. It's important to understand that if you have this condition that you are just as intelligent, motivated and inquisitive about the world as others. ADHD is a comprehensive disorder that leads to different behaviors among children and adults including hyperactivity, difficulty holding attention, as well as impulsive actions. While it originally stood for attention deficit hyperactivity disorder, this definition has been slightly modified, since the condition involves more than just attention deficit and hyperactivity. There are three types of ADHD: ADHD-Predominantly Inattentive Type (ADHD-PI) - More commonly known to the general public as Attention Deficit Disorder or ADD, the Predominantly Inattentive type is characterized by symptoms such as distracte dness, constant daydreaming and forgetfulness, or difficulty completing tasks. ADHD-Predominantly Hyperactive-Impulsive Type - The Hyperactive-Impulsive type is characterized by symptoms such as hyperactivity, destructive behaviors, and chronic or exaggerated impatience. ADHD-Combined Type - The Combined type is characterized by symptoms that are a combination of the previous two types. There is no complete cure for ADHD, but symptoms can be minimized by carrying out different treatments dependent on the specific signs and symptoms that a person is exhibiting. Many are able to suppress symptoms more efficiently as they age, but it can be a struggle throughout life. Understanding ADHD Symptoms There are a significant number of ADHD signs and they should be discussed with a doctor. Many times, they are classified in three categories: hyperactivity, inattention, and impulsive behavior. Inattention includes lack of attention in school or work, difficulties with organization, and being easily distracted. Hyperactivity includes talking excessively, fidgeting, and leaving one's seat in a classroom or other situations when sitting is expected. Impulsive behavior often manifests as being generally disruptive in social settings. Some people show more ADHD signs than others. Most of the time, boys are diagnosed before girls because girls are more likely to daydream instead of fidget so it's easier to identify the signs. Consulting with a medical expert can be highly beneficial if symptoms persist for more than six months or are causing problems, either in relationships or at school. ADHD is a persistent problem that does not come and go and that cannot be 'switched off' voluntarily. It includes:Inattention - difficulty staying focused, being easily distracted and forgetful; orHyperactivity-impulsivity - being overactive and problems focusing or controlling urges, as well as being disorganised; orA combination of both behaviours.ADHD is a condition that is much talked about but still not very well understood. It can be very difficult to tell the difference between a child with ADHD and a 'naughty' and 'disruptive' child, and so the diagnosis of ADHD needs a thorough assessment by a specialist.For some children, ADHD can cause severe problems, especially if treatment isn't started early. Early diagnosis is therefore very important. If psychological therapy, and sometimes also medication, is started early then this can greatly improve your child's life and future.The National Institute for Health and Care Excellence (NICE) guideline published in 2018 deals with the diagnosis and management of ADHD in children and adults (see Further Reading). NICE intends this guideline to make a difference by making sure that:Everyone is correctly diagnosed - the guideline aims to improve recognition of ADHD by highlighting which groups of people are most likely to have it.With the right information and support, people understand their diagnosis and see it as a positive step towards getting help and understanding from others.Healthcare professionals listen to people's views about different treatment options and help them get the most from their treatment.People have check-ups as often as they need them, whether or not they take medicines for their ADHD, and are offered support to complete their treatment.Information is shared with teachers and other healthcare professionals so that people have seamless support - especially during big changes like moving from school to college.Attention deficit hyperactivity disorder (ADHD) is thought to affect about 1 in 20 children in the UK. About three times as many boys as girls are diagnosed with ADHD. However, some experts think that boys are more likely to be referred and get a diagnosis. That's because, compared with girls, they are hyperactive more often, which is more disruptive to others. A girl with the inattention type of ADHD may be dismissed as a lazy daydreamer. A boy who constantly disrupts the whole class may be harder to miss.Although ADHD is most often diagnosed in children aged 3-7 years, it may not be recognised until much later in life. Sometimes it's not diagnosed until adulthood.The cause of attention deficit hyperactivity disorder (ADHD) is not known. It is thought that there may be minor changes in parts of the brain which control impulses and concentration.Although there is no known main cause for ADHD, several different factors are thought to increase the risk of a child developing ADHD. These factors are thought to include:Genetics. Genes are passed on to a child from each parent. Our genes determine how our body functions, what we look like and sometimes what diseases we will get. Some studies have shown that certain genes are related to ADHD. A child may therefore be more likely to have ADHD if there is another family member such as mother, father, brother or sister with ADHD.Antenatal problems. If a mother drinks alcohol, smokes or takes heroin while she is pregnant, this may increase the risk of her child developing ADHD.Obstetric problems. This means problems that occur when a baby is born, such as a difficult labour causing lack of oxygen to the brain. Babies with very low birth weight have an increased risk of developing ADHD.Severe deprivation. If a child is severely neglected early in life, this may increase their risk of developing ADHD.One or more of these factors may apply to a person with ADHD. However, although any of these factors may increase the risk of ADHD, many children with ADHD may not have any obvious factors to explain why they have ADHD.Factors in a child's upbringing, such as watching a lot of TV or DVDs, or family stress, do not cause ADHD. However, these factors may make the behaviour of a child with ADHD worse. Diet may also be a factor for some children with ADHD.Children with attention deficit hyperactivity disorder (ADHD) show persistent restlessness, impulsiveness and/or inattention. These features are seen in more than one setting - for example, at school and at home. They are also seen in more than one activity - for example, in schoolwork and in relationships. They occur at a level greater than expected for their age and cause significant disruption to the child's daily life.The definition of ADHD requires that symptoms:Start before 12 years of age.Occur in two or more settings such as at home and school.Have been present for at least six months.Interfere with, or reduce the quality of, social, academic or occupational functioning.Are not better explained by another mental disorder.There are three subtypes of ADHD:Hyperactive-impulsive subtype. Some features of this type of ADHD are that a child may:Fidget a lot.Run around in inappropriate situations.Have difficulty playing quietly.Talk excessively.Interrupt others.Have trouble waiting their turn in games, in conversations and also in queues.Inattention subtype. In this subtype, a child may:Have trouble concentrating and paying attention.Make careless mistakes and not listen to, or follow through on, instructions.Be easily distracted.Be forgetful in daily activities and lose essential items such as school books or toys.Have trouble organising activities.Combined subtype. If a child has this subtype, they have features of both of the other subtypes.Children with ADHD are also more likely than average to have other problems such as anxiety and depression, conduct disorders and co-ordination difficulties. Some children with ADHD also have reading difficulties and dyslexia.Note: many children, especially those under the age of 5 years, have problems with attention and always seem restless. This does not necessarily mean that they have ADHD.The symptoms may change as your child gets older. Symptoms often reduce in severity and cause less disruption over time. However, this is not always the case.Many children go through naughty or disruptive phases. There's a big difference between children with attention deficit hyperactivity disorder (ADHD) and children who are just 'badly behaved'.Naughty children have a say in the matter. Children who are simply prone to misbehaviour can behave well when they want to. If they're offered a big enough incentive, they can sit still, wait their turn or concentrate. Children with ADHD may desperately want to be 'good' but they just can't help themselves.If you suspect, or your child's teacher or doctor suspects, that your child may have ADHD, it is likely your child will be referred to a specialist, usually a child psychiatrist, for assessment. The specialist may ask for a report from the school and may even want to observe your child doing certain tasks.There is no simple test to diagnose ADHD. If your child's teacher or doctor suspects that your child may have ADHD, it is likely your child will be referred to a specialist. The specialist will be able to confirm the diagnosis by doing an assessment. This specialist may be a children's doctor (a specialist paediatrician), a child psychiatrist, a member of your local Child and Adolescent Mental Health Service, or an adult psychiatrist. The type of specialist depends on the age of your child and also the availability of services in your local area.The assessment may involve a discussion with you and your child as well as a physical examination. The specialist may ask for a report from the school and may even want to observe your child doing certain tasks. You and your child may also see a nurse or other healthcare professionals for further testing and assessment.There are a few aims of this assessment. These include:To confirm whether your child definitely has ADHD.To make sure that there are no other reasons that explain your child's behaviour. For example, a hearing difficulty, epilepsy or a thyroid problem.To identify any other problems your child may have. For example, anxiety, low self-esteem or a learning difficulty.For a doctor to make a firm diagnosis of ADHD. There are strict criteria that need to be fulfilled. For example, the symptoms of inattention and/or hyperactivity and impulsivity need to be present for at least six months. They also need to be causing problems in your child's life as well as being different from what would be expected for their age. They also must have started to occur before the age of 7 years, and be present in more than one setting - for example, at home and at school. In addition, other causes for your child's symptoms may need to be ruled out - for example, depression or anxiety.The treatment will depend on how severe your child's condition is as well as the age of your child. Ideally, treatment should involve a team of professionals, experienced and trained in attention deficit hyperactivity disorder (ADHD).If your child has mild-to-moderate ADHD, the first step is usually for you and your child to be referred to a parent-training programme. It is important to recognise that this does not mean you are bad parents: children with ADHD need different rules and guidance from their parents to other children. Sometimes your child will also be referred to a group treatment programme aimed at improving behaviour. Family therapy may also be helpful. The parent programme may include such things as:Learning skills to manage and reduce problem behaviour.Learning more effective ways to communicate with your child.Helping you to understand your child's emotions and behaviours.If your child has more severe ADHD, or when non-medicine treatments have not been helpful, medication is usually recommended.Medicines for ADHDThe medicines used for ADHD have been used for many years and in many children, with good effect. Medicines are not usually given to children aged under 6 years. Treatment with medicines is provided under the supervision of a specialist in childhood behavioural disorders.In the UK, either methylphenidate (Ritalin®) or atomoxetine is usually the initial medicine used for ADHD. Methylphenidate is the most commonly used medicine. Dexamfetamine or lisdexamfetamine is used for children who do not respond to these medicines. Guanfacine can also be used if the other medicines are not suitable or are not effective.How does the methylphenidate work?Methylphenidate works by increasing the amount of a brain chemical called dopamine in certain parts of the brain. The parts that it works on are responsible for self-control and attention. Increasing the amount of dopamine in these areas of the brain stimulates them to work better. This then helps to focus your child's attention and improve concentration. The most common side-effects to look out for with methylphenidate are difficulty with sleep and loss of appetite and weight loss.How quickly does methylphenidate work?The short-acting methylphenidate begins working within about 20 minutes and lasts for 3-4 hours. The longer-acting version takes longer to start working but lasts for about 12 hours. It may take several weeks to see the full benefit of the medication.How long will my child be on medication?It is common to continue medication for several years. Once children become teenagers, it is recommended to trial off the medication each year. This is to make sure that medication is still necessary. Are the medicines safe?The use of medicines to treat ADHD is controversial. Guidelines from the National Institute for Health and Care Excellence (NICE) in the UK advise that they are still useful and important in the treatment of severe ADHD and in milder forms when other treatments have not been effective. The benefits of medicines usually outweigh any risks in children aged over 6 years with ADHD. The medicines do not seem to have an addictive potential when used in children.Diet probably does not cause ADHD, but a change in diet may help in some cases, although not in all cases. It may be that some children are badly affected by certain foods or additives.Dietary changes for the treatment of ADHD have been widely used for many years. They take the form of:Supplements with substances thought to be lacking. For example, supplements of fatty acids such as omega 3 and omega 6; and/orCutting out foods thought to be harmful. For example, cutting out foods containing artificial colouring and other additives.The NICE guideline (see Further Reading below) advises that, if there was a clear link between eating specific foods and behaviour, then the child should be referred to a dietician. Do not try a strict restrictive diet for your child by yourself. If you think that diet may be a factor, it is strongly advised that you ask your GP to refer you to a qualified dietician. A dietician can advise, and make sure that any limited diet contains the full range of nutrients that a growing child requires.It is also recommended that all children with ADHD should have a balanced diet, good nutrition and regular exercise. In older children, there may be some benefit from psychological treatments such as cognitive behavioural therapy (CBT) or social skills' training. These techniques aim to teach your child more about why they act and react the way that they do. They also give them strategies to use to help them to improve their behaviour and daily functioning.In adults, medication is recommended as part of a treatment programme, which should also include psychological treatment, advice on behavioural management and assistance with education and employment.Without treatment, children with attention deficit hyperactivity disorder (ADHD) are up to 100 times more likely to be excluded from school. ADHD is one of the main risk factors for criminal offending during childhood.One review of research studies found that in people aged 25 years who had been diagnosed as having ADHD as children>About 15 in every 100 were still diagnosed as having ADHD.About 65 in every 100 had improved (partial remission) but still had symptoms and difficulties because of ADHD.Children with ADHD are also more likely to have other problems as adults, such as unemployment, relationship difficulties, substance misuse and involvement in crime. But the good news is that early treatment does help to reduce the long-term impact of ADHD.

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