

ADHD Halifax

ADHD Halifax - The condition of ADD or attention deficit disorder could affect both children and adults. It can present itself in kids with them failing to focus at school, or making careless mistakes on assignments or during various activities. People who struggle with this condition could normally be accused of daydreaming and seeming not to listen when spoken to. They often fail to complete tasks and have difficulty following instructions. It is common for them to exhibit too much distractibility and forgetfulness as well. Losing stuff essential to facilitate tasks and procrastination are other problems. Numerous kids with ADD also have a sort of an accent.

Adults who suffer from ADD can have a lot of the above indications as well as having trouble finishing projects that have been previously started, having problems concentrating on conversations, making careless mistakes when having to work on difficult or uninteresting projects and having problems organizing the completion of a task. Clutter is a common feature in houses or work spaces and even within the vehicle. Disorganized personal objects, usually of no use to the person or worn out and old, can become a cluttered mess. Adults can also have difficulty remembering obligations or appointments and could often change plans. These individuals may become greatly distracted by activity or noise.

Prevalence

It is hard to say how many kids suffer from ADD, because the different nations diagnose the condition many different methods. Ten percent of kids within the United States suffer from ADD, according to estimates. This condition is present in approximately 1-5% of the world population. There are about 5 times more boys than girls who are diagnosed with ADD. This could be because boys are more likely to be hard to manage and be overactive whenever they are dealing with attention issues.

Treatment

Many people have traditionally turned to medication as a way to help improve concentration. The medicines prescribed could work well for various individuals and may hardly affect others. In addition, several symptoms can reoccur when the medication stops. The medications are in two categories, stimulants and non-stimulants. They can have extreme side effects too. Amongst the frequently prescribed stimulants comprise Vyvanse, Adderall and Ritalin. The non-stimulant medication is generally anti-depressant medications like for example Wellbutrin, Zoloft and Prozac.

Medication is not for everybody. Behavioural cognitive therapy is usually suggested to help improve social functioning, organizational skills and study techniques. Several people have found great success in reducing food colorings and additives in their food intake. Some people avoid sugar and switch to natural foods diet as well. New research have proven that changes in diet can really be successful. Much studies are being done about the condition so as to help people deal better and learn to function at a more successful rate.