



Attention deficit hyperactivity disorder (ADHD)

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental condition that affects people's behaviour. People with ADHD can seem restless, may have trouble paying attention and may act without thinking.

It is usually diagnosed in childhood and often lasts into adulthood

Symptoms:

- Daydreaming a lot of times
- Forgetting or losing things frequently
- Squirm or fidget
- Talking too much
- Making careless mistakes or taking unnecessary risks
- Having a hard time resisting temptation
- Having trouble taking turns
- Having difficulty getting along with others



Causes:

The cause of ADHD is still unknown, but current research shows that genetics plays an important role. Recent studies link genetic factors with ADHD. In addition to genetics, scientists are studying other possible causes and risk factors including:

- Brain injury
- Exposure to environmental risks (e.g., lead) during pregnancy or at a young age
- Alcohol and tobacco use during pregnancy
- Premature delivery
- Low birth weight

Prevention:

To help reduce your child's risk of ADHD:

- Avoid anything that could harm fetal development during pregnancy like alcohol, drugs or cigarettes.
- Prevent your child from exposure to pollutants and toxins, including cigarette smoke and lead paint.

Treatment:

Treatment can help relieve the symptoms and make the condition much less of a problem in day-to-day life.



In most cases, ADHD is best treated with a combination of behaviour therapy and medication which is usually arranged by a specialist, such as a paediatrician or psychiatrist.

