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My child was just diagnosed with ADHD...now what?

Three common questions about ADHD treatment and answers to those questions.

I have heard that ADHD medications have terrible side-effects. Is this true?

The most common side-effects of ADHD medications are decreased appetite and trouble sleeping. Your doctor may need to try a couple of medications to find out which one has the fewest side-effects for your child.

On rare occasions ADHD medications have been associated with psychiatric illnesses, such as depression and anxiety. So your doctor will monitor your child closely for the first couple of months after he/she starts medication.

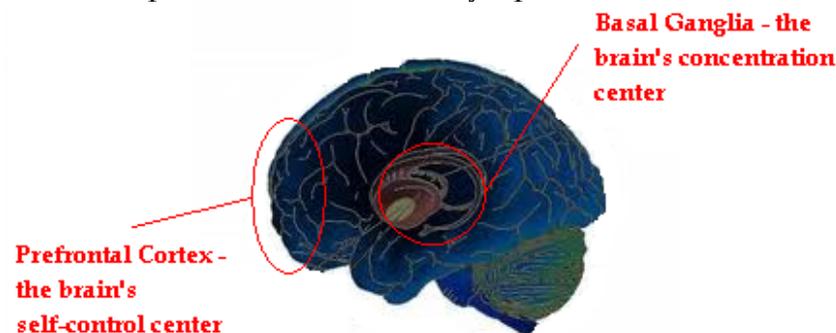
Prepared by Elyse Brock
RPAP 2010

Our doctor says that medication is the best available treatment for ADHD. What medications are there and which one is the best?

There are 2 major types of ADHD medication:

1. Stimulants – these medications work by stimulating the area of the brain that improves concentration, there are 2 subtypes of stimulants
 - A. Amphetamines such as Adderall
 - B. Methylphenidates such as Ritalin and Concerta
2. Non-stimulants – these medications work by raising hormone levels in the area of the brain that improves self-control, the only medication of this type is called Strattera

Studies have shown that these 2 types of medication lead to similar improvement in ADHD symptoms.



I know that my child will likely need medication, but is there anything I can do at home to help him/her?

- keep the same routine every day (set a bedtime, use alarms even on the weekends)
- organize your house (make sure everything has a place, reward your child for putting things away correctly)
- encourage your child to use a planner for school (help him/her write down all assignments and their due-dates)
- set clear rules and enforce them consistently, then praise your child when he/she follows them