

# ADD/ADHD for Parents

**Alan Kwasman, M.D.**

[www.addwiz.com](http://www.addwiz.com)

# ADD/ADHD for Parents



# Signs and Symptoms

## 3 Components

- Attention/Intention
- Impulsivity
- Hyperactivity

# Types of ADD

- There are three types of ADD
- Combined ADHD
- Hyperactive- Impulsive Type
- Inattentive Type

# Types of ADD

Type	Inattention	Hyperactivity	Impulsivity	Comments
ADD-Combined	Yes	Yes	Yes	Bonding Problems
ADD-Hyperactive	No	Yes	Yes	Predominantly Hyperactive
ADD-Without Hyperactivity	Yes	No	No	Asthma Allergies Girls

# Signs and Symptoms

## Attention

- Have trouble paying attention
- Can't stay on task
- Rush through work
- Make silly mistakes
- Miss details

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# Signs and Symptoms

## Attention

- Do better one-on-one
- Have trouble with large groups

# Signs and Symptoms

## Intention

- Have trouble starting projects
- Procrastinate until the last minute
- Start many projects they never finish



# Signs and Symptoms

## Impulsivity

- Blurt out answers
- Say first thing without thinking of consequences
- “Fly off the handle”
- Interrupt others

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# Signs and Symptoms

## Hyperactivity

- Act as if driven by a motor
- Squirmy

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# Signs and Symptoms



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# Signs and Symptoms

## Hyperactivity

- You don't have to be "hyper"
- You don't have to be "hyper"
- You don't have to be "hyper"

# Signs and Symptoms

## Daily Life

- Ignore other people
- Have trouble organizing
- Have anxiety

# The Brain



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# Volumetric Differences



# Signs and Symptoms

## Small Working Memory

- Appear absent-minded
- Trouble making decisions
- Can only work on one project at a time
- (Could that be from a smaller frontal Lobe?)



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# Signs and Symptoms

- More emotional (could that be from a smaller basal ganglia)
- Trouble with estimating time (which is one aspect of cerebellar functioning)

# Association

## Associations Are Not Always Causes

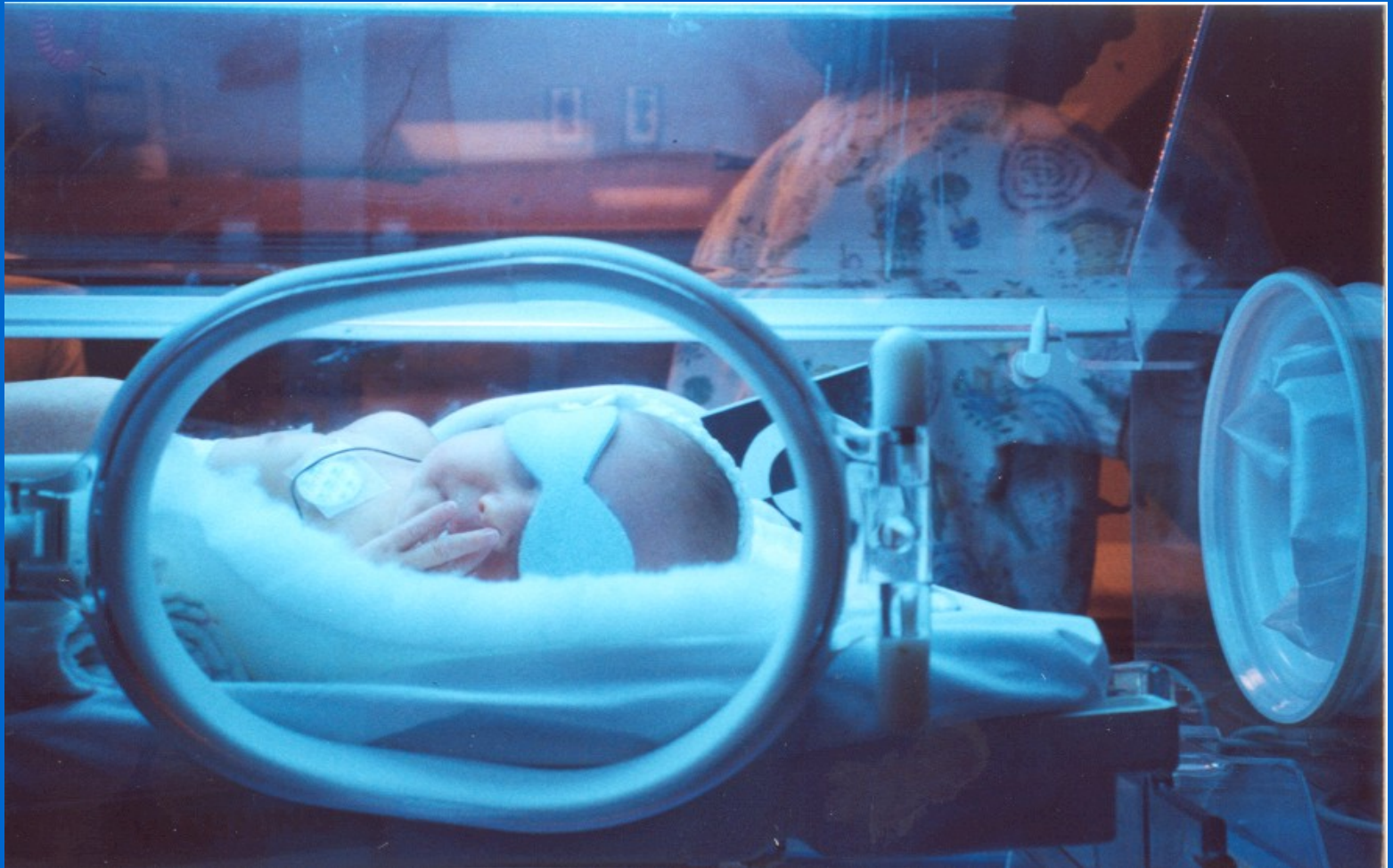
- Hereditary
- Adoption
- Being male

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# Association

## **Associations Are Not Always Causes**

- Meningitis
- Head trauma
- Maternal drug use
- Prematurity



# Hereditary Causes

- Much ADHD is hereditary
- Dopamine transporting genes and dopamine receptor genes are likely involved
- Many of these genes are on Chromosome 6. (The reading chromosome)
- 50% of ADHD have reading problems

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# Diagnosis

## History

- Parent questionnaire
- Teacher questionnaire

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# Diagnosis

- By exclusion
- There is no blood test for ADD

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# Diagnosis

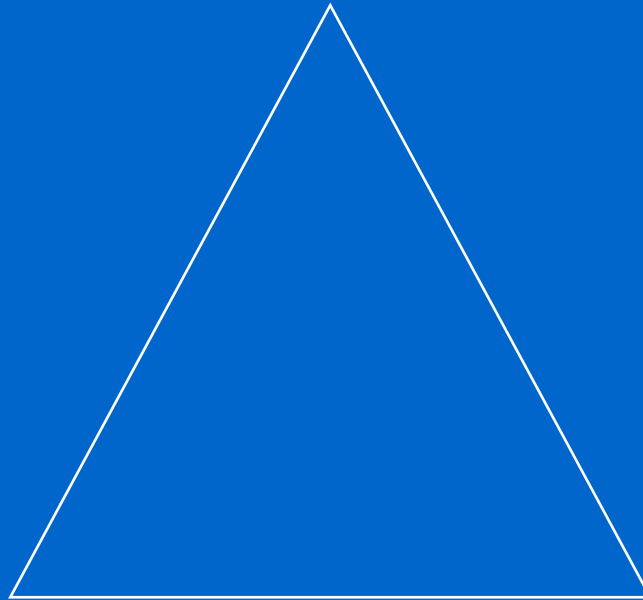
- Eye exam
- Hearing exam
- Full physical exam
- Blood test for thyroid and anemia
- Psychological assessment
- Educational assessment



# Consequences



**Failure**



**Anger**

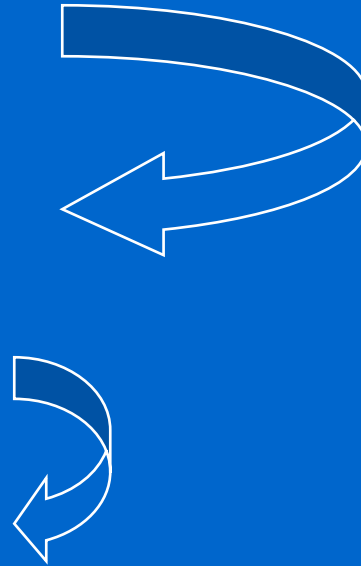
**Frustration**

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# Self Esteem



Self Esteem



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# Consequences

- Defiant
- Moody
- “Class Clown”
- “Fly off the handle”

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# What to Do

- Structured setting
- Constantly monitor child
- Make rules that are simple and specific
- Help your child organize
- Have a homework hour

# What to Do

- Sit in front of classroom
- Sit away from the pencil sharpener
- Give praise for asking questions
- “Secret Signal” to avoid punishment
- Go on field trips

# What To Do



# What to Do

- Make the teacher a partner
- Meet the teacher on a regular basis
- Weekly Progress Report from the teacher
- Focus on content (Dyslexia)
- More time for students with fine motor problems



# Counseling

- Not the parent's/child's fault
- Parents behavior is caused by the child's behavior
- Encourage success
- Positive environment
- Find areas of success

# Counseling

- Increase self-esteem by using an individual sport
- Parents need to be partners
- Date night

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# Counseling



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# Medication

Medication IS the most effective method  
of treating Attention Deficit Disorder  
(ADD)

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# Medication

- Ritalin (Ritalin based medications)
- Focalin
- Concerta
- Metadate
- Daytrona

# Medication

- Adderal (Adderal based medications)
- Adderal XR
- Dexadrine
- Dexadrine Spansules
- Vyvanse
- Quillivant XR



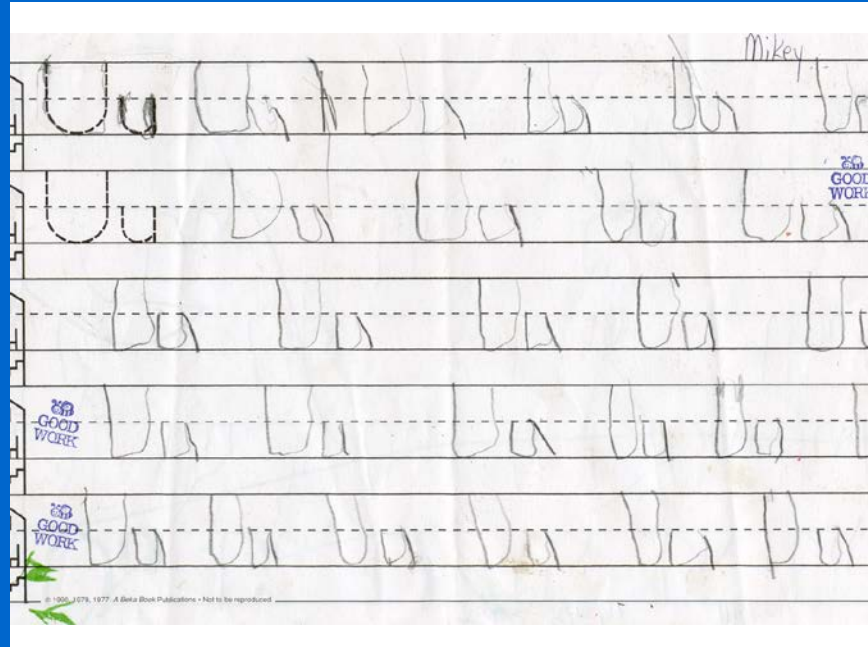
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# Medication

- Increase attention
- Stay “on task”
- Finish their work
- Less impulsive
- Better motor control







# Medication

- Decrease aggression
- Better parent/child Interaction
- Better social skills



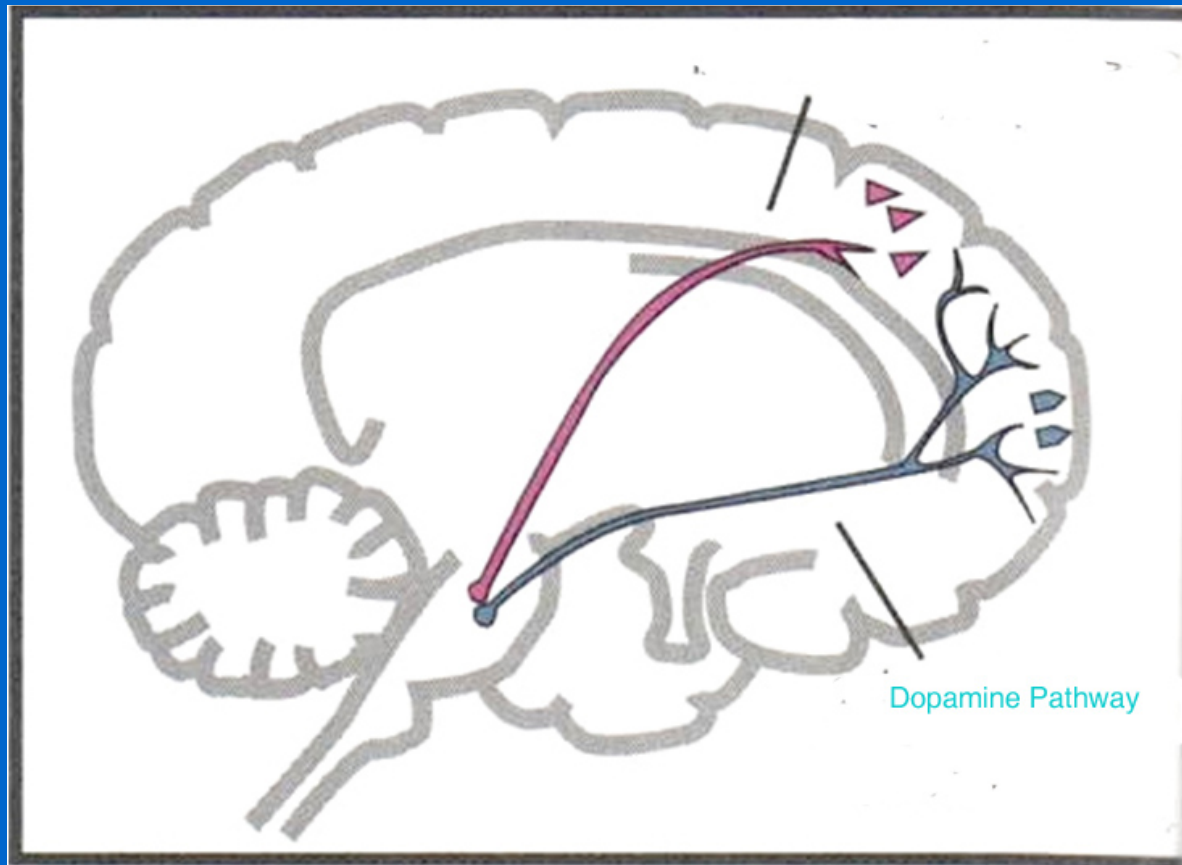


# Medication

- Decreased substance abuse
- Decreased delinquency
- Improved “locus of control”
- Improved “reward related behavior”
- Stabilizes emotions



# Meds Increase Dopamine



# Regulate Dopamine





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## Side Effects

- Increased blood pressure
- Decreased appetite
- ? of growth
- Trouble with sleep

# Side Effects



# Side Effects

- Weigh the child 3-4 times per year

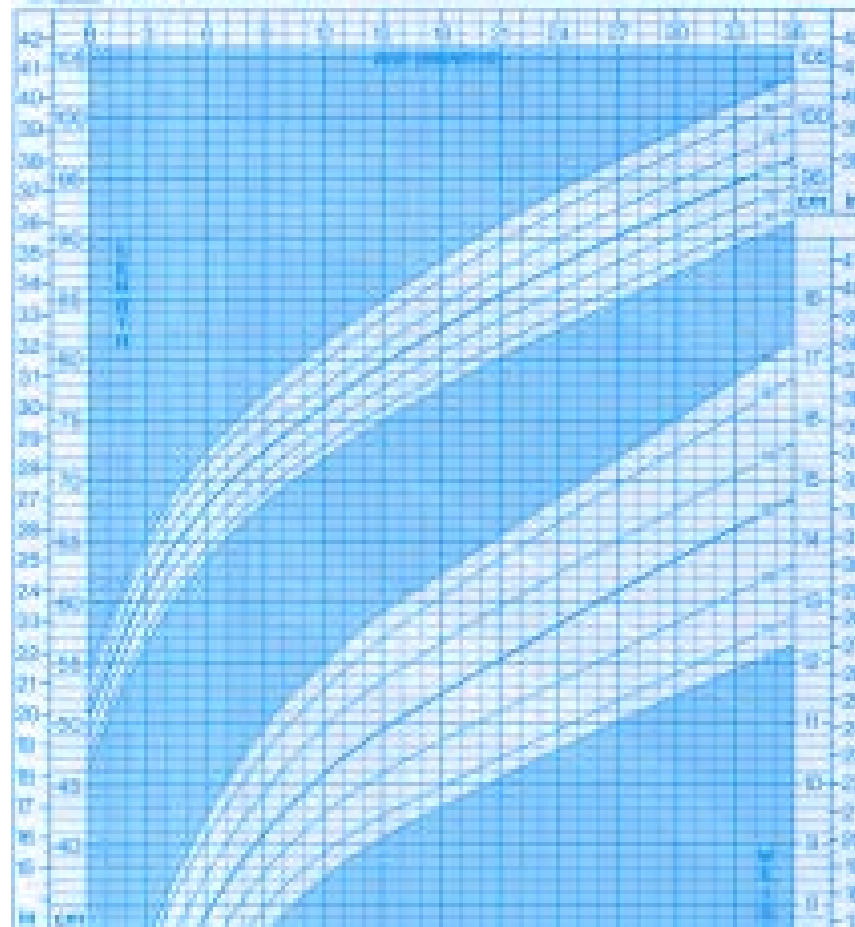




# BOYS - BIRTH TO 36 MONTHS PHYSICAL GROWTH NHS PERCENTILES

Name

Record #



DATE		GROWTH		DATE	
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31	32	33	34	35	36

**Steady**  
With iron

Steady growth  
With iron

Steady growth  
With iron

**Good**  
With iron

Good growth  
With iron

**Good**  
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Good growth  
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# Side Effects

- Tics
- Consider Tourette's Syndrome

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Doctors give medicine  
and forget about the  
patient!!!

# Don't forget about the Patient

STIMULANT MEDICATION QUESTIONNAIRE

Child's Name: Tyler

Date: 1-17-03

Medication: Ritalin

Dosage: 5mg 2/day

Observer/ Teacher: mes

(Please Circle One):

1. Works independently	<input checked="" type="radio"/> Better	<input type="radio"/> Worse	<input type="radio"/> Same
2. Completes task	<input checked="" type="radio"/> Better	<input type="radio"/> Worse	<input type="radio"/> Same
3. Follows directions	<input checked="" type="radio"/> Better	<input type="radio"/> Worse	<input type="radio"/> Same
4. Overactive	<input checked="" type="radio"/> Better	<input type="radio"/> Worse	<input type="radio"/> Same
5. Fidgety	<input checked="" type="radio"/> Better	<input type="radio"/> Worse	<input type="radio"/> Same
6. Impulsive	<input checked="" type="radio"/> Better	<input type="radio"/> Worse	<input type="radio"/> Same
7. Bother's others	<input checked="" type="radio"/> Better	<input type="radio"/> Worse	<input type="radio"/> Same
8. More consistent work	<input checked="" type="radio"/> Better	<input type="radio"/> Worse	<input type="radio"/> Same
9. Sleepy	<input type="radio"/> Better	<input type="radio"/> Worse	<input checked="" type="radio"/> Same

Comments: Overall - big improvement



Medicine does not do  
**EVERYTHING!**



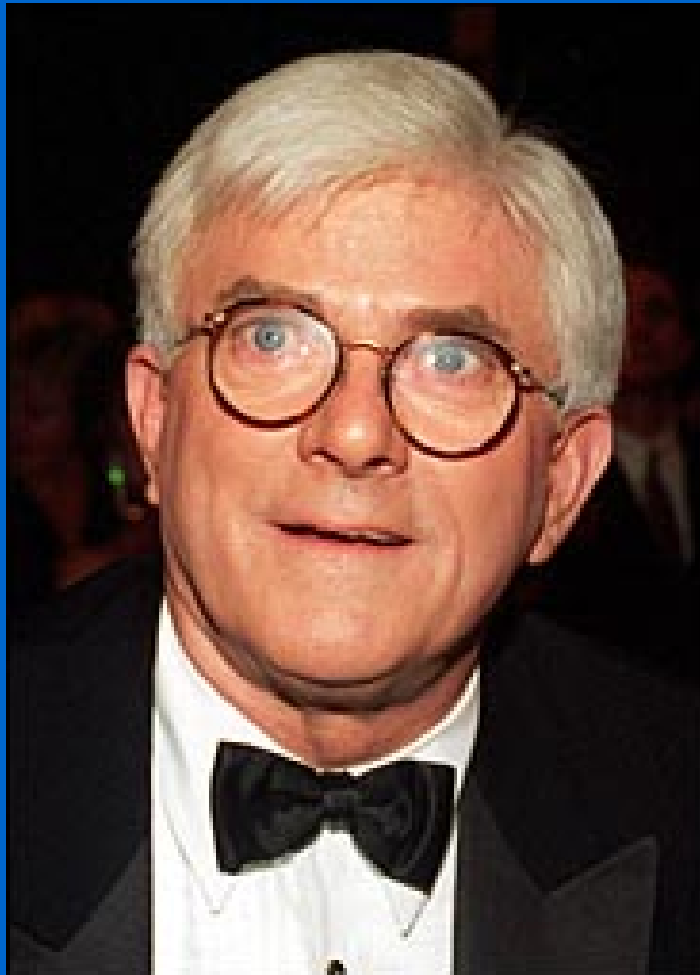


# Guilt

If Medicine is so great, why do  
I feel guilty?

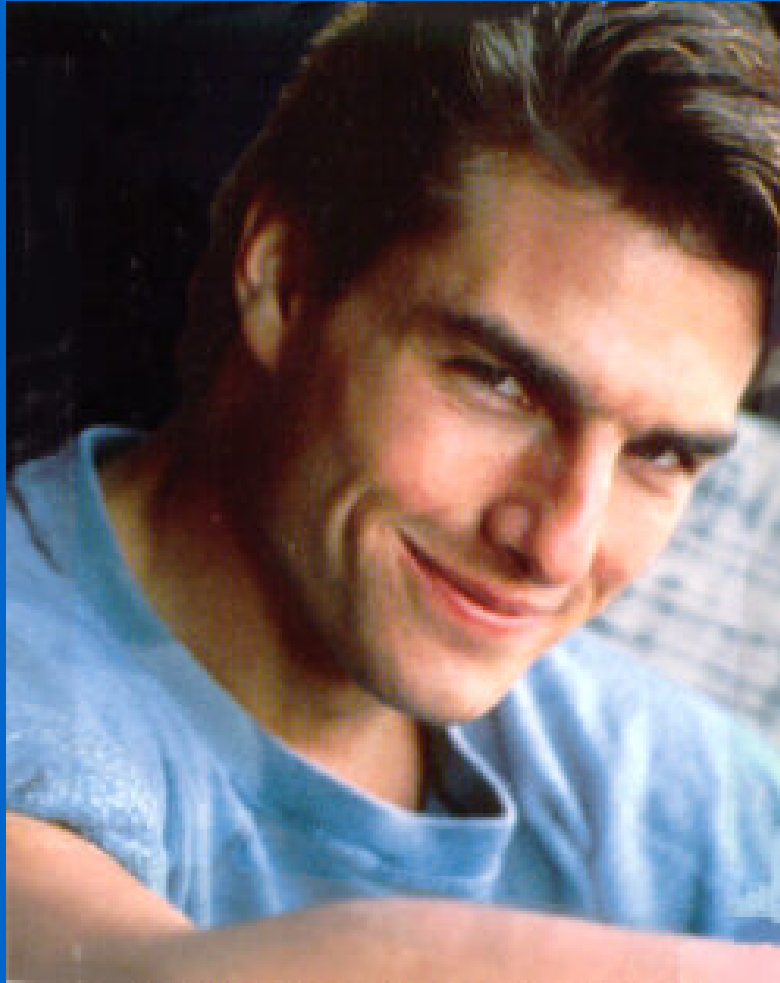
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# Phil Donohue Syndrome



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# Cruise says 'no' to any medicine!

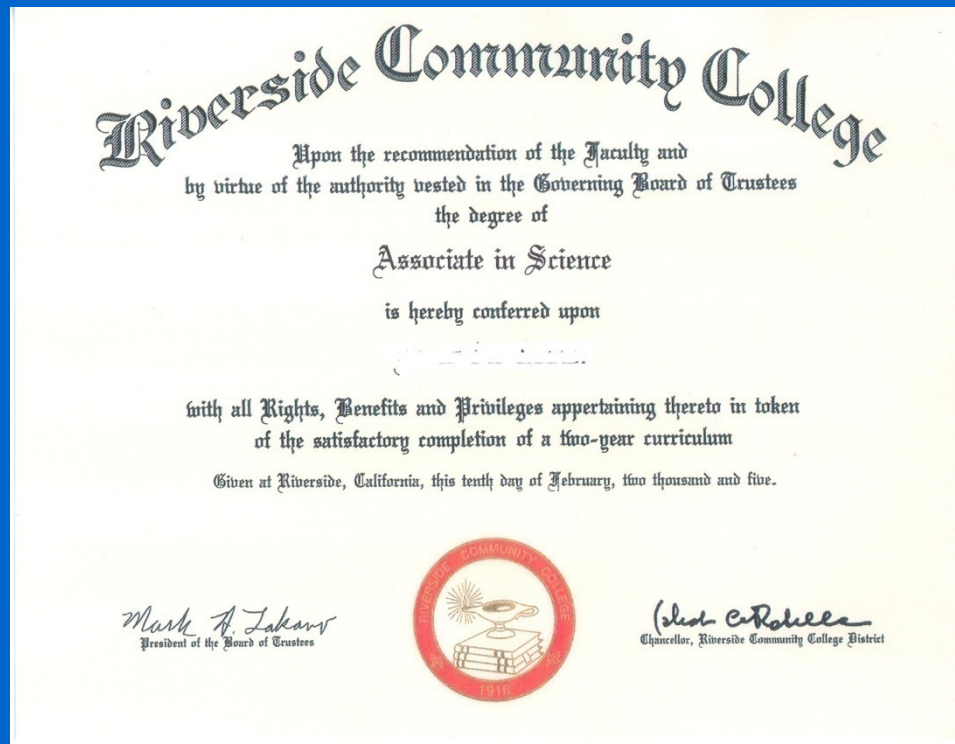


# Closing

- I wish you well on your endeavor
- to raise a child with good moral character
- who is a productive member of society
- and who has good self-esteem

# Success

## Success story of an ADD patient...



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# Good Night



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