

HARTNELL COLLEGE

# ADHD

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Attention Deficit Hyperactive Disorder

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## Introduction

I chose to write about ADHD because this disease has interested me into understanding it. I had friends that had this problem and they are getting help so they can live life normally. In my eyes, they are normal, but to some, they are labeled, disabled. They are the same as everyone else.

What I want to get out of this assignment is knowledge of how people cope with ADHD, as how I cope with my learning disability. There are so many people getting the wrong idea of someone, when they see them act differently. I will be talking about the causes, symptoms, remedies, and any cures for ADHD.

## Causes

No one knows for sure what causes this. ADHD probably comes from a combination of things. Here are some possibilities:

- The disorder sometimes runs in families, so genetics
- Lead in old paint in and plumbing parts
- Smoking and drinking alcohol during pregnancy
- Certain brain injuries
- Food additives like artificial coloring, which might make hyperactivity worse.

Some people think refined sugar causes ADHD. But most research does not support the idea that sugar causes ADHD.<sup>1</sup>

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<sup>1</sup> [http://www.medicinenet.com/attention\\_deficit\\_hyperactivity\\_disorder\\_adhd/page6.htm#toco](http://www.medicinenet.com/attention_deficit_hyperactivity_disorder_adhd/page6.htm#toco)

## Symptoms

Here I have a chart of some common symptoms of ADHD. They focus on Inattention, Hyperactivity, and Impulsivity.

Inattention	Hyperactivity	Impulsivity
<ul style="list-style-type: none"><li>•The child often fails to give close attention to details or makes careless mistakes in schoolwork, work, or other activities.</li><li>•The child often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (not due to oppositional behavior or failure to understand instructions).</li></ul>	<ul style="list-style-type: none"><li>•the child often fidgets with his/her hands or feet or squirms in his/her seat.</li><li>•The child often has difficulty playing or engaging in leisure activities quietly.</li></ul>	<ul style="list-style-type: none"><li>•The child often blurts out answers before questions have been completed.</li><li>•The child often has difficulty awaiting his/her turn.</li><li>•The child often interrupts or intrudes on others (for example, butts into conversations or games).</li></ul>

## Remedies

**Medicine/Pharmaceuticals**- Here are some ways to treat ADHD for children.

Parents have to speak to their doctor to prescribe pharmaceuticals for their children first. The drugs usually prescribed to treat attention deficit hyperactivity disorder (ADHD) are generally effective and safe. Most children and teenagers (60 percent to 80 percent) who take them become less hyperactive and impulsive, are better able to focus, and are less disruptive at home and school. However, there is no good evidence showing these benefits last for longer than two years.<sup>2</sup>

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<sup>2</sup> <http://www.consumerreports.org/health/best-buy-drugs/adhd.htm>

Some of the medicines for ADHD are called psychostimulants. Some of these drugs include methylphenidate, dextroamphetamine, atomoxetine, and a drug that combines dextroamphetamine and amphetamine. The most common one is Ritalin.

## Cure

Sad to say, there is no cure ADHD, but because there's no cure for ADHD, doctors do their best treat people by helping them to manage the symptoms most effectively. Because some people have more trouble with the attention side of the disorder and others have more problems with the activity side, doctors tailor their treatment to the person's symptoms. Different people with ADHD may have different treatments.

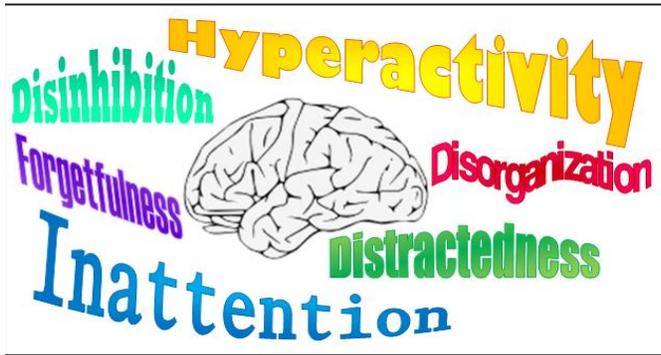
## Conclusion

I chose to write about this disease because I had a friend who I grew up with, who had this disorder. When we got to middle school, we were both in a special education class for students with learning disabilities. He was acting more violent with other students. At the time I didn't know what was going on. Weeks went by, and I noticed he wasn't in class anymore. He was taken out of school and was being home schooled. My teacher talked to us a little bit about ADHD to have an understanding.

Now I finally I have a chance to create this document about what ADHD is. I have a better understanding that my friend was normal like me, but had issues in the brain, like me. Doing this assignment was fun to do, and it let me speak out what was on my mind.

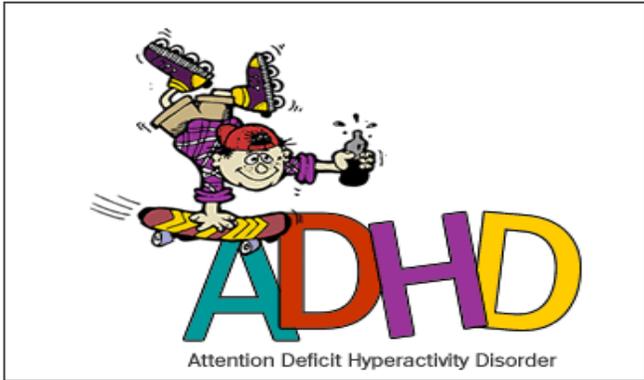
Poster

# Attention Dificet Hyperactivity disorder



For those with ADHD, they have an inability to do certain things.

We don't really know how this develops. But some people think it happens at birth. All we know is that this happens very frequently at birth.



### Work Cited

<http://library.cqpress.com/cqresearcher/document.php?id=cqresrre1999102200&type=hitlist&num=0>

Killeen, Peter R, Rosemary Tannock, and Terje Sagvolden. "The Four Causes Of ADHD: A Framework." *Current Topics In Behavioral Neurosciences* 9.(2012): 391-425. MEDLINE. Web. 24 Feb. 2012.

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