ADHD in children can be managed with few simple measures

This condition is not the result of eating too much sugar or activities such as watching TV

New Delhi, 09 September 2017: Some few and disparate studies conducted indicate that about 1.6% to 12.2% of children in India have ADHD or Attention Deficit Hyperactivity Disorder. ADHD can run in families with environmental stress and academic pressure being two factors that can aggravate the condition. As per the IMA, ADHD occurs mostly in young children, during their preschool or kindergarten years. In some children, the condition can become worse when they enter teenage. It can also occur in adults.

ADHD is a brain disorder marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development. The brain of a person with ADHD is generally 5% smaller than someone without ADHD, particularly regions involved in attention, impulse control, and stimulus integration. The other factors that play a role include imbalanced levels of the neurotransmitters norepinephrine and dopamine.

Speaking about this, Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement, said, “Children with ADHD are extremely active and may also exhibit certain other behavioral problems. This makes it difficult to care for them and even manage and teach them. They may even find it tough to fit in the school regime because they are overactive and impulsive. Provided this is addressed at the early stage, it can pose problems later in life. While there is no cure for ADHD, treatments revolve around reducing symptoms and improving functioning in such children. Some treatment options include medication, psychotherapy, education or training, or a combination of these.”

The symptoms of ADHD are often grouped into three categories: inattention, hyperactivity, and impulsivity. Sugar doesn’t cause ADHD and neither do watching too much TV, a poor home life, poor schools, or food allergies.

Adding further, Dr Aggarwal, said, “Education, support and creativity can go a long way in managing this condition in children. Although it is a challenge to stay organized with children having ADHD, prioritizing and managing time can help. Parents must remember that ADHD is not an indicator of your child’s intelligence or capability. Find out their strengths and focus on them for better results.”
Here are some tips to manage children with ADHD.

- **Set routines.** Set clear boundaries so that everyone knows what behavior is expected.
- **Award and reward** Reinforce positive behavior with specific praise or rewards. You can try using a points or star system to reward good behavior.
- **Look out for warning signs** If the child looks like he/she is about to lose self-control, it is a good idea to intervene. Distract the child if possible.
- **Invite friends over** This will help them mingle but ensure that the child does not lose self-control.
- **Improve sleep** Make your child get quality sleep. Ensure that they do not indulge in strenuous or exciting activities close to bedtime.

**-Ends-**

**About IMA:** Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2,60,000 doctors as its members through more than 1765 active local branches spread across the country.

**For further information please contact:**
Sanjeev Khanna - 9871079105
Md Adib Ahmad – 9873716235
mediaimahq@gmail.com

IMA Public & Media Advocacy Cell