



spotlight on health

New Web Site Provides Information, Tools And Practical Tips About ADHD

(NAPSA)—If you or someone you know has symptoms of Attention Deficit Hyperactivity Disorder (ADHD) you may be relieved to know where to go for more information about the disorder or for support in managing the condition.

What Is ADHD?

ADHD is a common psychiatric behavioral disorder that affects children and adolescents as well as adults. Approximately 7.8 percent of all school-aged children, or about 4.4 million U.S. children aged 4 to 17 years, have been diagnosed with ADHD at some point in their lives, according to the Centers for Disease Control and Prevention (CDC). The disorder is also estimated to affect 4.4 percent of U.S. adults aged 18-44 based on results from the National Comorbidity Survey Replication, a nationally representative household survey, which used a lay-administered diagnostic interview to access a wide range of DSM-IV disorders. When this percentage is extrapolated to the full U.S. population, approximately 9.8 million adults are believed to have ADHD.

Although ADHD can affect people of all ages, the core symptoms of the disorder (inattention, hyperactivity and impulsivity) may manifest differently in adults than in children. Children with ADHD often have difficulty focusing, are easily distracted, have trouble staying still and frequently are unable to control their impulsive behavior. In adults, hyperactivity may manifest as inner restlessness. Inattention may present as a lack of focus and organization, and an inability to finish tasks. These symptoms



have an effect on multiple aspects of life, for example, at work, school or in social relationships.

If you believe you or your child exhibits symptoms of ADHD, a trained professional, such as a psychiatrist, can perform a comprehensive evaluation to determine whether these behaviors are symptoms of the disorder.

The Web Site

Shire, the ADHD Support Company, has relaunched its educational Web site, ADHDSupport.com, designed to provide families, caregivers, educators and patients with tools and resources about ADHD. The newly enhanced Web site provides visitors with an easy-to-navigate road map to help learn about ADHD. The site offers information about the recognition, diagnosis and management of the disorder, assistance with how to identify a health care professional and what to expect when meeting with a physician about ADHD. Additionally, the Web site will feature a symptom tracker to be used in follow-up discussions with health care professionals, practical tips on how to get organized

and stay organized, and the best ways to set and evaluate goals. A teacher discussion guide and homework planner, as well as an e-mail reminder program—which allows users to set up various reminders for themselves or for their children, including for medical appointments, prescriptions and social activities—will be available by late summer 2008.

“ADHD is a common psychiatric disorder that can impact the lives of many people, including patients, caregivers, friends and co-workers. It has certainly impacted my own life both personally and professionally,” said Michele Novotni, Ph.D., internationally recognized ADHD expert, former president and CEO of the national Attention Deficit Disorder Association (ADDA), psychologist and consultant in the development of ADHDSupport.com. “Because I have seen the pain of unrealized dreams and untapped potential firsthand among those with ADHD, I am passionate about providing information about ADHD in easily accessible formats. In fact, there are many people who do not realize that they or their children may have ADHD and many are unaware of the resources available to help individuals with ADHD find out more about the disorder. After reviewing ADHDSupport.com from a clinical and personal perspective, I can confirm that the Web site is a helpful tool for support and information about ADHD.”

For More Information About ADHD

To learn more about ADHD, visit the newly enhanced www.ADHDSupport.com.