



Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is one of the most common neurodevelopmental problems in children. Diagnosis is usually made during childhood, but it can also be done in adulthood. People with ADHD may have trouble showing interest in some activities, guarding their mannerisms, or being very energetic.

Cause

- Scientists don't know the causes and risk factors for ADHD, but current studies show genetics play a crucial role, and they're looking at other possible risks, including:
- Brain injury
- Environmental exposure (such as lead or radiation)
- Use of alcohol or tobacco during pregnancy
- Premature labor
- Low birth weight

Warning Signs

Keep in mind that, when talking about signs to detect ADHD, they do not have to present all the characteristics that are named here. These work as a template, to identify if you need professional help. The importance of these signals is the frequency, duration and intensity that are reflected in the child.

According to the Centers for Disease Control and Prevention, CDC, some of these signs are the following:

- Not following school or house rules such as: "get dressed" or "clean up the room"
- You have a hard time retaining the information you are given.
- Moving and talking a lot in places where silence and standing still are supposed to be required or when doing tasks you don't like
- Does things without being careful and shows carelessness when performing different activities.
- Taking objects that do not belong to you without authorization.
- Leave homework for the last minute.
- Leave tasks incomplete or make them very slow.

If you understand that a family member has these signs, you should visit a mental health professional for an evaluation of the child with a specialist in the field, if the child uses medication, you must follow the specific orders of the doctor for its proper handling and effectiveness.

References:

ADHD in children. Mayo Clinic. Retrieved from: <https://www.mayoclinic.org/es-es/diseases-conditions/adhd/symptoms-causes/syc-20350889>

Basic information about ADHD. CDC. Retrieved from: <https://www.cdc.gov/ncbddd/spanish/adhd/facts.html>

Attention deficit/hyperactivity disorder (ADD, ADHD). Merck Manuals. Retrieved from: <https://www.merckmanuals.com/es-pr/professional/pediatr%C3%ADa/trastornos-del-aprendizaje-y-del-desarrollo/trastorno-por-d%C3%A9ficit-de-atenci%C3%B3n-hiperactividad-tda-tdah>

Prepared by APS Healthcare. Revised by January 2022. ©First Medical Health Plan, Inc.

