

It's not too late to treat ADHD

REVIEW REPORTER

No parent wants to hear that a child may have Attention-Deficit Hyperactivity Disorder (ADHD) but, with the correct diagnosis and treatment, the child's psychological and social wellbeing need not be damaged over time.

"The life of a child whose ADHD is unrecognised and untreated is likely to be filled with failure, underachievement, anger and resentment," explained specialist child and adult psychiatrist and ADHD expert Dr Shabeer Jeeva.

"Behaviour problems and learning difficulties can become so severe over time that they impair your child and are not likely to be outgrown."

Jeeva said it was normal for children to be more exuberant, more active, more impulsive and less attentive than adults. Therefore it was hardly surprising children had more problems in following through on directions or finishing their work. "When a teacher complains that a child has difficulty paying attention, controlling his activity or resisting impulses, parents are quick to dismiss the problems as normal behaviour. Usually this is true but there are times when it is not."

Jeeva said scientific studies had shown that ADHD was not primarily a disorder of paying attention, but one of self-regulation. "As parents, you need to be aware of these developments so that you can better understand the disorder and respond scientifically to illiterate critics who continue to insist that ADHD arises from poor parenting, diet, or excessive TV."

As part of ADHD month, Jeeva called for parents to cut through the myth and misinformation and seek out an informed psychiatrist who specialised in ADHD.

"Every child suspected of having ADHD deserves careful evaluation to sort out exactly what contributes to the behaviour causing concern. Through education, treatment and/or coaching, a whole new world will open up for you and your child."

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FOCUS: Specialist child and adult psychiatrist and ADHD expert Dr Shabeer Jeeva with ADHD patient, James Nairn at the Centre for Medical Excellence.

You can still treat ADHD

CHRONICLE REPORTER

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