



ADHD Facts – Dispelling the Myths

- ✓ ADHD is a medical neurobiological disorder, included in the field of mental health
- ✓ ADHD conservatively occurs in 4% of adults and 5% of children worldwide
- ✓ 80% of children maintain their diagnosis into adolescence
- ✓ 60% are still affected by core symptoms in adulthood
- ✓ Research shows that ADHD is most often inherited
- ✓ There are three subtypes of ADHD, depending on the three core symptoms, inattention, hyperactivity and impulsivity present:
 - predominately inattentive (previously referred to as ADD)
 - predominately hyperactive (very rare)
 - combined (most prevalent)
- ✓ Symptoms of ADHD include difficulty with the regulation of attention. Inattention, difficulties prioritizing attention and difficulty breaking and shifting attention (over-focusing) can all be an issue.
- ✓ Executive functioning impairment and mood dysregulation can also impact many children and adults with ADHD
- ✓ ADHD is still under-diagnosed and under-treated in Canada
- ✓ Parenting styles do not cause ADHD
- ✓ Diets and limiting food additives and sugar will not cure ADHD
- ✓ Treatment for ADHD should always be multi-modal
- ✓ Children, adolescents and adults with untreated ADHD are at a greater risk for:
 - learning difficulties, less academic success, school dropout, and fewer years of schooling
 - additional mental health disorders and problems with self esteem
 - substance abuse and a greater chance of becoming involved in the justice system
 - sustaining injuries and more accidents as well as automobile accidents
- ✓ ADHD impedes the acquisition of human and social capital. By not recognizing and treating ADHD costs to the Canadian economy increase.