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.