



The Manual To ADHD

Dr. Shirley Hershko



What's in the manual?

What exactly is ADHD?

Is ADHD genetic?

Does everyone have ADHD?

What does ADHD look like?

How is ADHD diagnosed?

Why get diagnosed at an older age?

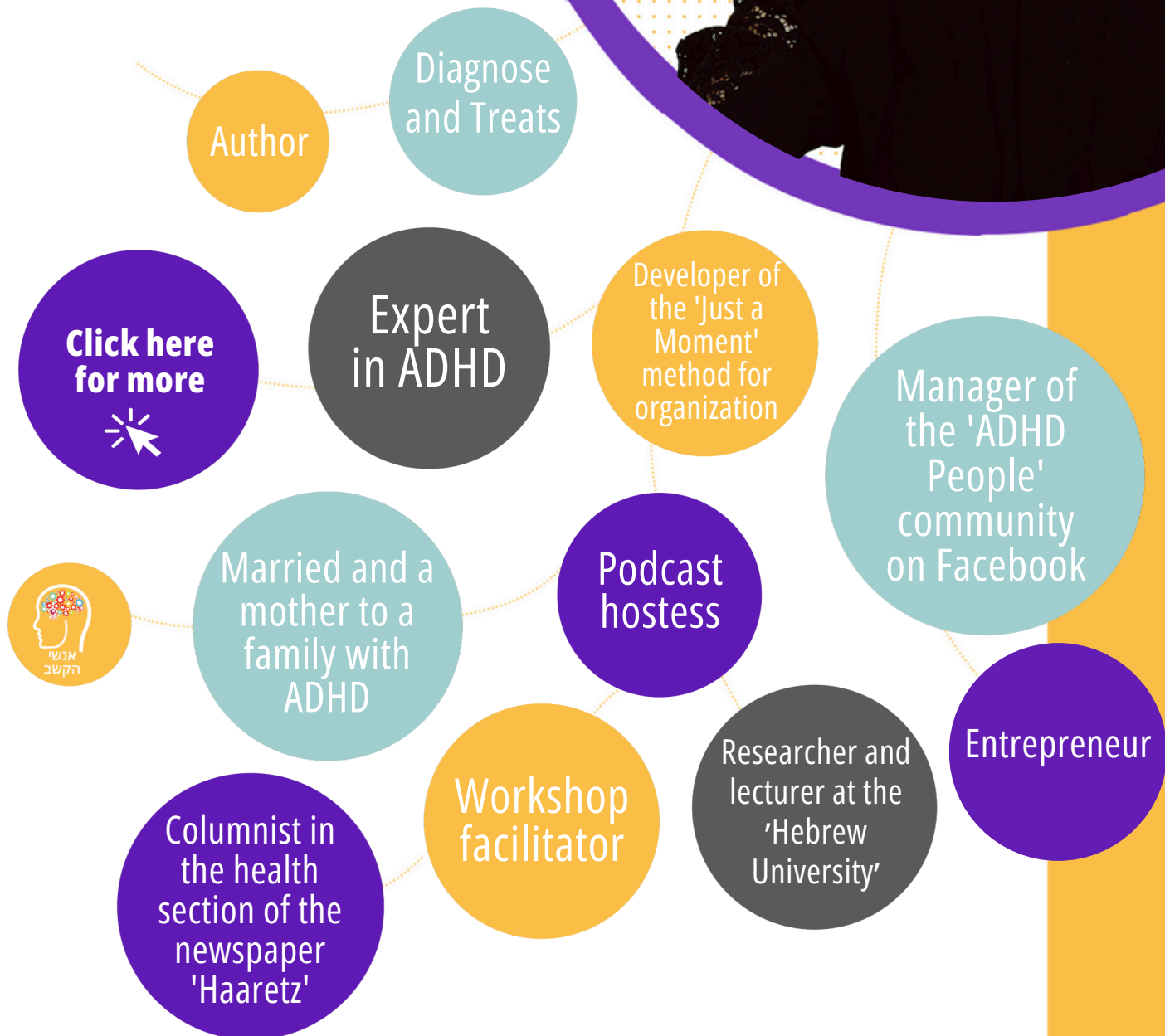
What types of treatments are truly recommended?

The 10 most important facts about ADHD!



Dr. Shirley Hershko

Expert in ADHD



9 symptoms of ADHD, out of which at least 5 need to be identified:

Avoidance of mental effort that requires attention, such as homework preparation, reading books, completing tasks, etc.



Short attention span within five minutes, the mind starts to wander and drift.



Tendency to get distracted any small noise is disruptive, whether from the outside or internally.



Forgetting small details such as messages, multiplication tables, punctuation, names.



Tendency to lose things and put them in inappropriate places.



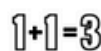
Difficulty with organizing and tidying up bag, room, etc.



Procrastination and avoidance everything is postponed to the last minute, 'later'.



Careless mistakes not reading the question thoroughly, confusing plus and minus.



Hyperactivity symptoms may be present in some cases, but not all.



What exactly is ADHD?

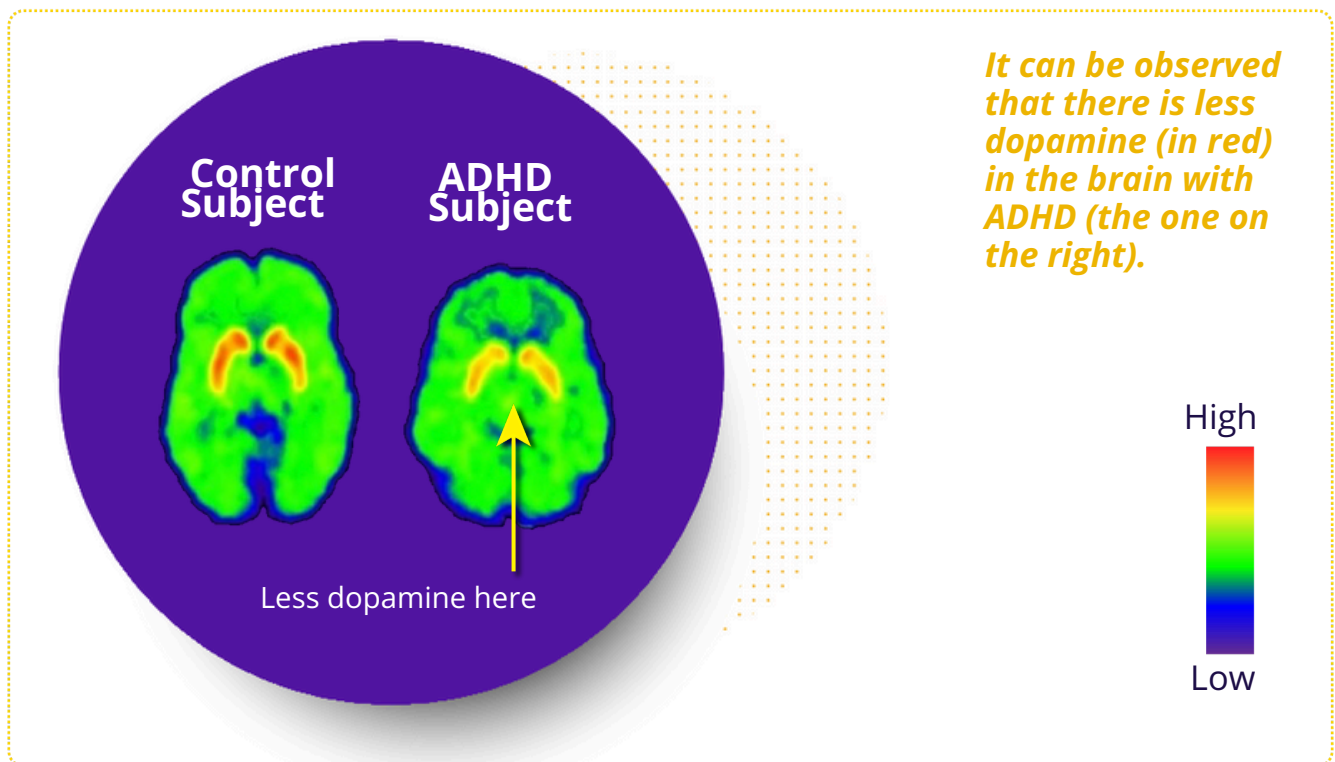
It is a neurodevelopmental disorder, meaning it is brain-related and congenital, accompanying the individual throughout their life. As its name suggests, it causes a lack of attention. In other words:

- Lack of attention
- Inability to distinguish or ignore information
- High distractibility



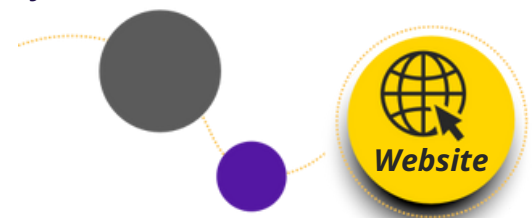
Is ADHD genetic?

Yes. There is clear evidence of a different brain structure and impaired functioning of neurotransmitters (dopamine) in the brain. Dopamine is responsible for attention and concentration, as well as other areas such as memory, executive functions, sensory regulation, and mood states



Does everyone have ADHD?

The global prevalence of ADHD is relatively stable over the years, standing at only 5%-10%. While 'everyone' may experience what is called 'attention difficulties,' which can be caused by stress, overload, screens, or distractions, the critical difference is that ADHD is brain-related and congenital. **Signs can be seen from a young age and persist over the years, affecting multiple areas of life. Additionally, the difficulties are significant and interfere with daily life, not caused by another disorder (such as anxiety or depression).** The prevalence of diagnoses is higher among boys, but it seems that the reason for this is the missed symptoms of ADHD in girls, which can manifest differently and in a more subtle manner.



What does ADHD look like?

The severity of the characteristics greatly depends on awareness and treatment. The signs of ADHD can be seen in various areas of life (more than one, but not necessarily all). Therefore, it is referred to as an 'umbrella disorder.'

In school



one may experience difficulty sitting during lessons, daydreaming, talking excessively, behavioral problems, doodling on papers, and a lack of concentration on the learning material.

At home



there may be a messy room, endless conflicts with parents and siblings, slow organization in the evenings and mornings, or running around the house.

In social situations



there may be expressions of teasing, loneliness, bullying, outbursts of anger, difficulty following game rules and transitioning between activities, excessive talking, or crying easily.

Nutrition



there may be a tendency to choose less healthy foods (more snacks, sweets, pastries, junk food, and fewer vegetables and fruits). There is a 2-fold higher risk of obesity and a 4-fold higher risk of eating disorders. Eating habits are also less organized and more impulsive.



Sleep



75% of individuals with ADHD suffer from sleep difficulties, which can manifest as problems falling asleep, waking up, sleep continuity, and sleep quality.

Employment



There are more job changes, firings, unemployment, difficulty maintaining stable employment, and conflicts with managers and authority figures.

Higher Education



80% of individuals with ADHD do not hold an academic degree, and 50% drop out after the first year of studies.

Relationships



Difficulty maintaining a stable relationship, higher risk of divorce.

Health



People with ADHD have a higher risk of asthma, allergies, diabetes, high blood pressure, psoriasis, and immune and metabolic disorders. Additionally, there is a greater risk of addictions and engaging in risk-related behaviors.



How is ADHD diagnosed?

An ADHD diagnosis is conducted by a specialist and is based on a clinical interview lasting about 45 minutes. During the interview, it is determined whether the criteria for diagnosing ADHD are met according to the DSM (Diagnostic and Statistical Manual of Mental Disorders), using validated questionnaires.

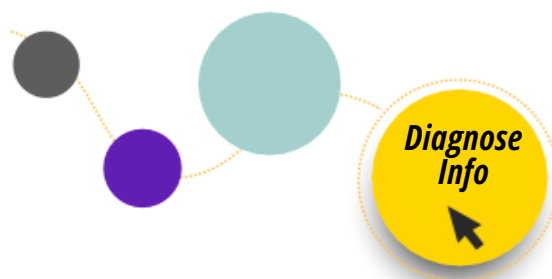
The interview includes questions about symptoms of distractibility and impulsivity, when the difficulties appeared, and how they manifested at younger ages. It also assesses in which environments - home, school, etc. - these symptoms are noticed and whether they could have other causes, such as stress or depression.

A computerized test for assessing attention abilities may be recommended. In our clinic, we use a global test called Mindstreams. It's important to know that the computerized test alone does not diagnose or confirm ADHD; only a comprehensive interpretation and integration of all diagnostic findings lead to an accurate diagnosis.

Why get diagnosed at an older age?

ADHD has an even greater impact on adult life, where we are expected to be independent without parents to guide us. It can lead to low self-esteem, and even feelings of failure, inadequacy, avoidance, stress, anxiety, depression, and more. It affects the entire environment, for example: partners feeling neglected ('He doesn't listen to me,' 'Why does he always forget?' 'Am I not important enough?'), managers frustrated by late task submissions, a messy home, difficulties managing parenting, and more.

Want to take the first step toward change and get diagnosed? **Click the button...**



What types of treatments are truly recommended?

First, it's important to process the emotions that arise from the diagnostic results, as this is a deep and complex process. You may experience feelings of relief, hope, and a strong desire to acquire new skills and grow. Alternatively, you may feel shame, confusion, anger, or frustration due to a sense of lost time or opportunities. These feelings are normal and important to acknowledge in order to move forward. Next, it's crucial to consult with a professional about appropriate treatment. There are several treatment options available, and it's advisable to explore them all. Most importantly, consult with experts specializing in attention deficit disorder and be wary of charlatans in the field.

Medication

It has been found to help 85% of children with ADHD. The treatment is effective and targeted (non-addictive), reducing risks associated with ADHD (such as depression, anxiety, injuries, substance abuse, academic failure, obesity, and more). It is important to stay in regular contact with the doctor to find the appropriate type and dosage without side effects.

Cognitive Behavioral Therapy (CBT)

It has been found to be most effective following medication treatment and as a complement to it. It works on executive functions and teaches daily coping strategies.

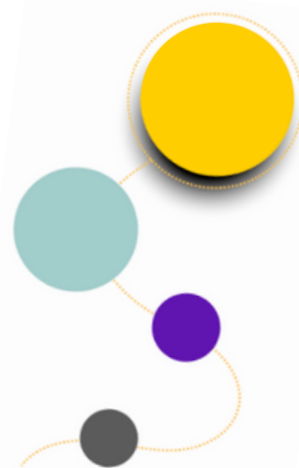
Emotional therapy

When there are accompanying emotional symptoms such as low self-esteem, lack of confidence, social issues, depression, anxiety, and more.

Sports and Meditation

They have been found to calm and improve attention-related symptoms.

It should be noted that, to date, no "natural remedy" has been proven to significantly help or serve as a substitute for the treatments described above for individuals with ADHD.



ADHD is a neurological condition

Or in other words: developmental, biological, genetic, brain-based, and congenital.

1

Not everyone has it

Large-scale studies over the years indicate that the rate of individuals suffering from ADHD remains constant (5%-10%). Awareness is increasing, more people are seeking diagnoses, and this creates the illusion that it is everywhere.

2

It is not just a childhood condition

it continues into adulthood. Often, the hyperactive aspect diminishes or is better controlled, but the inattention remains alive and well in all areas of life, which is why diagnosis and treatment are important.

3

It affects all areas of life

education, relationships, parenting, and work—and may lead to eating disorders, sleep disorders, depression, anxiety, and more.

4

It's not intentional

when they forget, procrastinate, are late, inattentive, or disorganized. They simply struggle with organization and time management. This, too, has a genetic basis (the frontal brain region responsible for time perception and organization is less developed).

5

10 Most Important Facts About ADHD!

It is diagnosed by a specialist physician in the field

6

The specialist conducts a clinical evaluation, ensuring that symptoms appeared in childhood, impact all areas of life, and cannot be explained by another diagnosis.

Ritalin is not a drug

7

It simply prevents the rapid reabsorption of dopamine, keeping it in the brain longer, similar to a person without ADHD. In any case, diagnosis does not require taking medication; it is entirely up to the patient's decision.

It is treatable

8

Whether through medication, emotional therapy, behavioral interventions, or strategy training—each person can find what suits them best. All challenges can be addressed to minimize impact, and treatment can work wonders for someone with ADHD. On the other hand, ignoring it may lead to worsening difficulties.

It has wonderful aspects

9

Scientific and clinical studies have found that individuals with ADHD are often more creative, original, brave, fun, sensitive, and empathetic. To recognize these strengths, it is important to provide treatment.

Empathy, acceptance, compassion

10

It is important to develop these qualities both for the child/person with ADHD and for their surrounding environment, which indirectly deals with their challenges. Support groups and parent coaching are recommended to foster a positive home dynamic and strengthen relationships.



For more information



feel free to reach out,
I'll be happy to help!

You can send a WhatsApp message
for a quick response! :)

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Dr. Shirley Hershko

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