■ What alternatives are there for adults who want to avoid medication?
"It depends on what area the problems are falling into," Brown says "If a father has ADHD and can never get organized, you may want the family to have therapy together because it's affecting the whole family, or, for an individual who is always procrastinating, individual therapy. "

■ Which non-medication therapies are effective for adults?
"Cognitive behavioral therapy (CBT) can help with inattention and impulsivity by modifying how the person thinks and reacts," says Lenard Adler, MD, director of the Adult ADHD Program at the NYU School of Medicine in New York City. "For instance, a therapist will work on strategies to overcome procrastination. Sometimes, learning how to use a planner can help a person better manage time and complete tasks."

"CBT teaches time management and organizational skills, as well as how to set realistic goals and task-completion strategies" Brown notes. "For instance, the person learns that if their flight is leaving at 10 am, they can't get up at 8—unless they live next door to an airport."

■ Can diet affect symptoms of adult ADHD?
"If you are drinking a lot of caffeine while you are on a stimulant, that can cause a higher heart rate, which is not advisable," says Dr. Adler. "It's important to eat well, stay hydrated, and make sure you eat. If you are not eating and drinking fluids, it can affect your ability to pay attention."

■ Can sugar aggravate ADHD in kids or adults?
"When you have an overabundance of sugar, it can aggravate anything, but it is not the primary cause of ADHD," Brown emphasizes. "ADHD is something you are born with and persists over the lifespan."

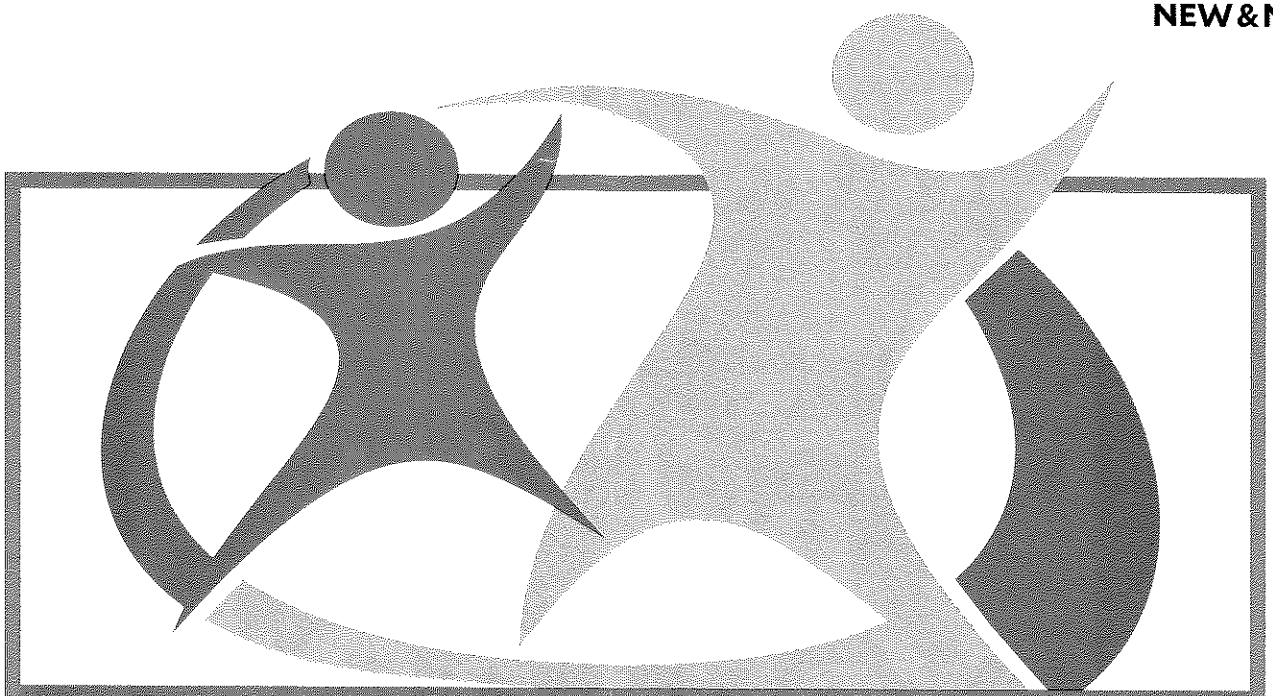
■ Could mindfulness meditation ease symptoms of ADHD?
According to Brown, "For an adult with ADHD who has a lot going on and who needs to clear their head of stress, mindfulness can be helpful, but not for ADHD symptoms—in kids either."

■ Is exercise beneficial in treating ADHD?
"Physical activity helps to combat negative habits, such as excessive screen time and inadequate sleep," says Dr. Stein, "Staying active also helps build resilience and improves mood." ■

Medications to Treat ADHD

STIMULANTS	
NAME	**TREATS**
Adderall, Adderall XR (mixed amphetamine salts, amphetamine sulfate)	Children & Adults
Adzenys XR-ODT (d- & l-amphetamine sulfate)	Children & Adults
Aptensio XR (methylphenidate HCL)	Children & Adults
Concerta (methylphenidate HCL)	Children & Adults
Cotempla XR-ODT (methylphenidate)	Children ages 6–17
Daytrana (methylphenidate transdermal system)	Children ages 6–17
Desoxyn (methamphetamine HCL)	Children & Adults
Dexedrine ER (amphetamine sulfate)	Children & Adults
Dyanavel XR (d- & l-amphetamine sulfate)	Children & Adults
Evekeo (amphetamine sulfate)	Children & Adults
Focalin, Focalin XR (dexmethylphenidate)	Children & Adults
Jornay PM (methylphenidate HCL)	Children & Adults
Metadate CD (dexmethylphenidate)	Children & Adults
Methylin (methylphenidate HCL)	Children ages 6–12, Adolescents, Adults
Mydayis (mixed amphetamine salts)	Children 13 & up, Adults
ProCentra (amphetamine sulfate)	Children & Adults
QuilliChew ER (methylphenidate)	Children & Adults
Quillivant XR (methylphenidate HCL)	Children & Adults
Ritalin, Ritalin SR, Ritalin LA (methylphenidate HCL)	Children & Adults
Vyvanse (lisdexamfetamine dimesylate)	Children & Adults
Zenzedi (amphetamine sulfate)	Children

NONSTIMULANTS	
Intuniv (guanfacine)	Children
Kapvay (clonidine)	Children & Adults
Strattera (atomoxetine)	Children & Adults



ADHD IN KIDS VS. ADULTS

The main symptoms of ADHD are INATTENTION, HYPERACTIVITY, and IMPULSIVENESS, but they can look quite different in a child versus an adult. Here are some examples.

HYPERACTIVITY

CHILDREN

- In constant motion
- Run and climb excessively
- Constantly fidget or squirm
- Get up, drop pencils, cause classroom distractions
- Can't sit still
- Talk excessively

ADULTS

- In constant motion, tapping feet, doodling, fidgeting
- Easily bored
- Move from job to job
- Leave projects uncompleted
- Restless
- Have trouble sitting still
- Like active, risky, fast paced activities and jobs

INATTENTION

CHILDREN

- Easily distracted
- Make careless mistakes in schoolwork
- Don't pay attention to details
- Short attention span for age
- Avoid homework or schoolwork
- Seem to not listen when spoken to
- Don't complete projects or chores
- Move from activity to activity
- Disorganized
- Lose things, forgetful

ADULTS

- Lose or misplace items (e.g., keys, phone numbers, important papers)
- Forgetful about routine tasks (e.g., picking up the kids)
- Leave tasks uncompleted
- Easily distracted, move from task to task
- Difficulty following conversations
- Lack self-motivation
- Lose track of time, poor time management
- Disorganized, problems prioritizing
- Lack of focus
- Difficulty multitasking

IMPULSIVENESS

CHILDREN

- Appear rude or have behavioral problems
- Blurt out comments in conversations or in school
- Have problems waiting their turn
- Interrupt others, jump into games other kids are playing
- Act without thinking about risk (e.g., jumping from the top of a slide or running into the street)

ADULTS

- Spend money impulsively, wreaking havoc on household budgets
- Drive fast, gamble, or have risky sex
- Interrupt others in conversation
- Blurt out offensive or hurtful comments without thinking
- Low frustration tolerance
- Frequent mood swings
- Hot temper
- Trouble coping with stress
- Unemployment
- Financial problems
- Trouble with the law
- Alcohol or other substance misuse

For more info, go to **HealthCentral.com/ADHDGuide.**

ISTOCK