

# Myths about ADHD

**Myth:** ADHD is not a real condition.

**Fact:** *ADHD is a neuro-biological disorder. Brain imaging studies show that the brains of individuals with ADHD are structurally and chemically different.*



**Myth:** ADHD is caused by poor parenting.

**Fact:** *ADHD is not caused by poor parenting, lack of discipline, too much sugar, too much TV, or preservatives. Almost ¾ of cases seem to be inherited. However, ADHD children will benefit from stability and consistent management strategies at home and in school.*

**Myth:** ADHD is over-treated.

**Fact:** *Although there are no blood or other lab tests to confirm ADHD, there are precise diagnostic criteria that health care providers use to make an accurate diagnosis. Studies show that unmanaged ADHD is associated with less success in school, higher drop out and delinquency rates, more accidents and fewer friends. A multimodal approach such as psychological counselling, support strategies, and medication, are among the most effective approaches to managing ADHD.*



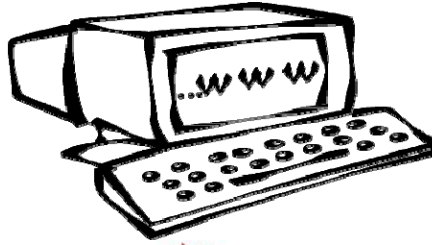
For More Information Email us  
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## CH.A.D.D. Canada Inc.

*Children & Adults with Attention Deficit Hyperactivity Disorder*

CH.A.D.D. Canada Inc.  
is a charitable organization  
formed to better the lives of  
individuals with ADHD and  
those who care for them.

Visit our website at  
[www.chaddcanada.org](http://www.chaddcanada.org)



## CH.A.D.D. CANADA Inc.

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## CH.A.D.D. CANADA Inc.

*Children & Adults with Attention Deficit Hyperactivity Disorder*

*Information  
& Support  
for Those  
Affected by*

# *Attention Deficit Hyperactivity Disorder*



*We're Paying  
Attention To You!*

## Quick Facts... About ADHD

### Did You Know...

You are not alone. ADHD affects 3-to-7 % of children and 2-to-4 % of adults.

ADHD seems to run in families and affects people of all IQ levels and social and economic backgrounds.

Not all individuals with ADHD are hyperactive. Some may have excessive levels of hyperactivity, impulsivity, inattention, or a mixture of all three.

If ADHD is treated effectively it can help individuals reach their inherent potential.

### Attention-deficit / hyperactivity disorder

(AD/HD) is characterized by developmentally inappropriate levels of inattention, impulsivity, and hyperactivity. These symptoms usually first seen in childhood cause impairment in social, academic or occupational functioning and are not better accounted for by other diagnosable conditions. Until relatively recently, it was believed that children outgrew AD/HD in adolescence as hyperactivity often diminishes during the teen years. However, it is now known that AD/HD nearly always persists from childhood through adolescence and that many symptoms continue into adulthood.

For further details see:  
[www.help4adhd.org/documents/WWK1.pdf](http://www.help4adhd.org/documents/WWK1.pdf)




For More Information

Email us at -

[chaddcanada@hotmail.com](mailto:chaddcanada@hotmail.com)

## What does CHADD Canada Inc. offer?

- Caring, dedicated volunteers who provide support, advocacy, and information & resources to those who are affected in some way by ADHD.
- Local Chapters
- ADHD resource groups across Canada
- Email support:  
[chaddcanada@hotmail.com](mailto:chaddcanada@hotmail.com) 
- Regular informational support meetings for Parents and Adults
- Guest speakers and special events
- Practical strategies, accurate information and a positive perspective.
- Regular newsletters, both local & national.
- CHADD National Conferences
- ADHD Awareness Events

### Visit our National Website

[www.chaddcanada.org](http://www.chaddcanada.org)

#### Please indicate your interest in CH.A.D.D.

- Family of ADHD child
- Adult with ADHD
- Teacher
- Health professional
- Other professional
- Other please specify

Yes, I want to volunteer!

## Membership ... Please Support Us In Our Effort to Support You!

Make cheques payable to:  
**CH.A.D.D. Canada Inc.**

\_\_\_\_\_ Family - \$40.00  
\_\_\_\_\_ Professional - \$80.00  
\_\_\_\_\_ Organization - \$200.00

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### Membership Agreement

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Signature of agreement