
A Clinician's Guide to ADHD

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Foreword

Attention deficit hyperactivity disorder (ADHD) is a medical condition arising from perturbations in brain functioning that lead to an individual showing challenges in sustained attention, excessive non-goal directed motor activity and enhanced impulsivity. These result in significant and substantial long and short term problems in daily life, including: social and interpersonal difficulties; poorer academic and vocational achievement and a much higher risk for negative life outcomes such as traffic accidents, drug abuse, marital discord and job losses. Like in any medical condition, these challenges play themselves out in complex social circumstances. Also, as in many medical conditions, ADHD is treatable. And, with the right treatments, provided over the necessary period of time, most people who have ADHD can recover and do well.

The challenges that health providers have had in dealing with ADHD include: trying to ensure that the best science is used to help in the diagnosis and treatment of those who have ADHD, that those who require treatment receive it and that those who receive treatment get the most appropriate interventions to meet their unique needs. This can be a difficult challenge, because life is different for every person who has ADHD and thus treatment for each person needs to be provided in a manner that is both directed by the scientific evidence and based on their personal needs and strengths.

Dr. Joseph Sadek has, in this book, taken an important step in providing information and understanding that can help health providers better diagnose and treat those who live with ADHD. He has done this by bringing together available and current scientific evidence and has melded this with important and clinically useful considerations for care. And, he has done so in a manner that is easily accessible for the busy health provider and the informed reader alike.

This new resource can go a long way in helping improve the lives of people who live with ADHD.

Dalhousie University

Stan Kutcher

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