Attention Deficit Hyperactivity Disorder

ADHD



Dr Anand Diwan

Consultant Neurologist · Adults & Children
Brain, spine, nerve & muscle specialist

MBBS, DNB (Neurology) · MMC Reg. No. 88279

Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**

Scan to book your appointment

Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

What is ADHD?

ADHD is a common brain-based condition of childhood. The child finds it hard to **pay attention**, to **sit still**, or to **wait and think before acting**.

Every child is restless or naughty sometimes. In ADHD these problems are much more than in other children of the same age, they last for more than 6 months, they are seen both at home and at school, and they start before 12 years of age.



ADHD is **not the child's fault** and **not the result of bad parenting**. With the right help, these children do very well.

Three types

- **Mainly inattentive** – dreamy, forgetful, careless mistakes (more common in girls)
- **Mainly hyperactive-impulsive** – always on the move, cannot wait
- **Combined** – both of the above (most common)

Why does it happen?

The front part of the brain, which controls attention, planning and self-control, works differently. A brain chemical called **dopamine** is involved.

- Runs strongly in families – often a parent or relative had similar problems
- Premature birth or low birth weight
- Problems in pregnancy – diabetes, smoking or alcohol
- Too much TV / mobile in early years can worsen attention

Myths and facts

✕ He is just naughty or spoilt.	✓ ADHD is a real brain condition, not a discipline problem.
✕ Sugar causes ADHD.	✓ There is no proof. A healthy diet is still good.
✕ He will grow out of it.	✓ Many continue to have problems as adults. Early treatment helps.
✕ He watches mobile for hours, so his attention is fine.	✓ Screens hold attention easily. The problem is with tasks like study.

Signs to look for

Inattention

- Does not seem to listen
- Careless mistakes in homework
- Loses pencils, books, tiffin
- Easily distracted, leaves work unfinished
- Forgets daily tasks

Hyperactivity

- Cannot sit in one place, fidgets
- Runs and climbs at wrong times
- Talks too much, very noisy

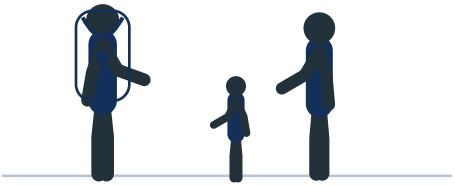
Impulsivity

- Answers before the question is over
- Cannot wait for his turn
- Interrupts others, grabs things
- Does not think of danger

> In teenagers and adults, hyperactivity may show only as inner restlessness.

How is it diagnosed?

There is **no single blood test, scan or EEG** for ADHD. The specialist makes the diagnosis after a careful talk with parents, information from teachers and examination of the child.



- Rating forms filled by parents and teachers
- Eye and hearing check-up
- Looking for conditions that look like ADHD – poor sleep or snoring, blank spells (absence fits), dyslexia, anxiety, thyroid or iron deficiency
- EEG, blood tests or MRI – only when the doctor finds a special reason

> Bring school notebooks, report cards and the teacher's remarks to your visit.

Treatment

Parent training and behaviour therapy

Simple rules, praise for good behaviour, fixed routines. This is the first step, especially in young children.

Help at school

Front-bench seat, short tasks, extra time, checklists, regular contact with the teacher.

Medicines

Medicines such as methylphenidate or atomoxetine improve attention and self-control in most children. They are safe when given under a doctor's supervision.

Regular follow-up

Height, weight, appetite, sleep and blood pressure are checked. The doctor adjusts the dose.

Possible side effects: less appetite, poor sleep, headache, stomach ache. Tell your doctor. Never stop or change the dose on your own.

What parents can do



- Keep a fixed daily routine – wake, school, play, study, sleep
- Give one instruction at a time; ask the child to repeat it
- Break homework into short parts with small breaks
- Praise good behaviour immediately
- Outdoor play or exercise for at least 1 hour daily
- Limit TV / mobile; no screens 1 hour before bed
- 9 to 11 hours of sleep
- Stay calm – avoid beating and shouting

Remember

- ADHD is treatable.
- Your child is not lazy or bad.
- Parents, teachers and doctor must work together.
- Regular follow-up is important.

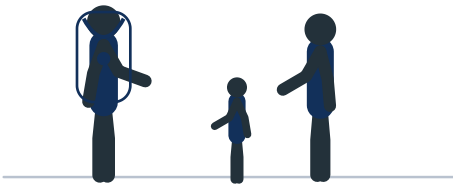
When to see the doctor

Meet the doctor soon if

- Staring or blank spells
- Loud snoring or disturbed sleep
- Falling far behind in school
- Very angry, aggressive or sad behaviour
- Any side effect of medicine

Bring to your visit

- Previous reports, scans and prescriptions
- List of medicines the child takes now
- School notebooks, report card and teacher's remarks
- Short mobile videos of the problem (fits, behaviour, walking)
- Birth and vaccination records



My questions for the doctor

Write your questions here before the visit, so that nothing is forgotten.

Progress diary

Write down changes every week and show this page at each visit.

Date	What we noticed / changes	Therapy / medicine

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

Hospital open 24 hours for emergencies

0253 2224411

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

0253 2472111

Scan to book your appointment

Or book on WhatsApp

83900 00385 · 93702 54026

WhatsApp is for booking appointments only.

narayanihospitalfrontdesk@gmail.com

www.diwanneurology.com

Read more online

Dr Anand Diwan · MBBS, DCH, DNB (Pediatrics), DNB (Neurology), PGDDN · MMC Reg. No. 88279

This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.