



DOCTOR DISCUSSION GUIDE

# Managing ADHD

ADHD may affect your education, relationships, and occupation, so it's important to understand your symptoms and treatment options. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

## Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

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| <b>ADD</b>  | A term that used to be used to describe ADHD. Medical professionals stopped using the term in 1994.   |
| <b>ADHD</b>   | A chronic condition marked by persistent inattention and/or hyperactivity and impulsivity that begins in childhood and often lasts into adulthood.  |
| <b>Predominantly Inattentive Presentation</b>           | A form of ADHD that is characterized primarily by problems with inattention or a deficit of sustained attention, such as procrastination, forgetfulness, or hesitation.   |
| <b>Predominantly Hyperactive/Impulsive Presentation</b> | A form of ADHD that is characterized primarily by problems with sitting still or thinking before taking action. Individuals with this presentation may fidget, squirm, talk excessively, blurt things out, and struggle to wait their turn. |
| <b>Combined Presentation</b>                            | A combination of hyperactive-impulsive and inattentive ADHD.  |
| <b>Neurodevelopmental Disorder</b>                      | A condition that is characterized by delay or disturbance in the acquisition of skills in a variety of developmental domains, including motor, social, language, and cognition.   |
| <b>Inattention</b>                                      | A failure to pay attention.   |
| <b>Concentration</b>                                    | The focus of one's attention or mental effort on a particular object or activity.   |
| <b>Impulsiveness</b>                                    | The tendency to act on a whim without thinking.   |
| <b>Hyperactivity</b>                                    | Being abnormally active.  |
| <b>Stimulant</b>  | An agent (like a medication) that increase dopamine in the brain, which increases heart rate and feelings of alertness and energy.  |



## Questions to Ask

These questions will help you start a conversation with your doctor about how to best manage your ADHD.

### About Symptoms

- I have symptoms that could indicate I have ADHD. How can I get evaluated to determine if I meet the criteria for a diagnosis?
- Do I need to be able to trace my symptoms back to childhood?

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### About Causes & Risk Factors

- Could my diet be contributing to my symptoms of ADHD?
- It seems like everyone has a short attention span today. Is it possible that our fast-paced world and use of technology is contributing to my symptoms?
- Is ADHD hereditary?
- Could a head injury contribute to my symptoms?

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### About Diagnosis

- How do you determine if I have ADHD?
- How do you diagnose the type of ADHD I have?
- Should I undergo any type of psychological testing?
- Will a diagnosis impact my career?

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### About Treatment

- How do I decide which treatments are right for me?
- If I'm going to be on medication, should I see a psychiatrist to manage my medication?
- If I take medication, what side effects should I look out for?
- Should I see a psychotherapist to help manage my symptoms?
- How do you monitor my symptoms to determine if treatment is effective?
- If I take medication, will I need to be on it for the rest of my life?

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