



Accept – don't reject

**15th Anniversary
Greetings from the
Attention Deficit &
Hyperactivity Support
Group of Southern
Africa.
(ADHASA)**

Keeping up with ADD

June 2004

Company not for gain
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P.O. Box 3704
Randburg
2125

Tel: Sandy (011) 793-2079
Fax: (011) 793-4790
E-mail: rscox@icon.co.za



Counselling hours:
Wednesdays and Fridays
08h00 to 13h00

ADHD National Office
Delta Park School

Blairgowrie Tel: (011) 888-7655

BLOOD GLUCOSE LEVELS

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**15 years of service
to the community!!**

These solutions are for all children. So please send this E-mail to anybody who you feel could benefit from it.

THE BEST BREAKFAST?

On cold winter mornings we prepare bowls of steaming porridge for our children to go to school with warm, full tummies. Some children hate porridge but it helps them through the morning and sustains concentration. But ... does it really sustain concentration? Frequently the answer is "no"! Before you rush to the cupboard and throw out all those boxes of oats, mealie meal or maltabela, read on!

For a child to be able to learn for two to three hours, his brain requires a slow, steady stream of brain fuel to keep concentration going. Brain fuel is provided in the form of glucose which the brain takes from the blood stream which, in turn, takes it from the carbohydrates we eat such as starch, fruit, vegetables and grains. The brain cannot concentrate very well if the last meal provides it with too little glucose, but it is even worse if the brain is flooded with too much

glucose! The question is: "What are your children's breakfasts doing for them?"

Porridge for breakfast might be perfectly all right but, to ensure that it is supporting the child's best concentration, you need to know a bit more about its Glycaemic Index (GI). Glycaemic index is a measure of the rate at which carbohydrates release their glucose into the bloodstream. Once you understand the concept of GI, and know the GI of the porridge, you will be able to add other suitable foods (with different GIs) to the breakfast, stirred into the porridge or served separately, to ensure that the child's supply of glucose in being supplied to the brain at the correct rate.

HIGH GI FOODS

Foods having a higher GI release glucose faster than others and are like glucose bombs when eaten on their own. See examples of these foods on page 2, item "c". High GI foods send blood glu-

cose levels rocketing but, in the same way that glucose levels go shooting up, they also come crashing down. It all happens within the space of an hour. The child is uncomfortable with the rapid rise and just as uncomfortable with the crashing down – and optimum concentration becomes impossible.

In ad-



dition, the child's behaviour can also be affected as he becomes more irritable and aggressive; this is also when he is most likely to crave sweets, biscuits and cakes. (Over-eating in children can often be linked to rapidly fluctuating blood glucose levels.)

Every aspect of the child's functioning may be affected and symptoms could even mimic the condition of ADD or hyperactivity.

Low GI Foods

Low GI foods are carbohydrates which supply a slow, steady stream of glucose to the blood stream and hence to the brain. See page 2 item "a" for examples. Low GI foods should form the bulk of most meals as they help the child to produce his best concentration for the next two to three hours after the meal.

GLYCAEMICALLY BALANCED MEALS

Glycaemically balanced meals and snacks are made by combining mainly low GI carbohydrates with a small portion of protein and a single fat:

a) **Low GI carbohydrates** which release their glucose slowly into the bloodstream include foods such as dense heavy breads, Tastic white rice, Old Millstream brown rice, legumes, citrus fruits, deciduous fruits, kiwi fruit, small portions of grapes, sweet potato, mealies, corn and pasta (made from durum wheat or semolina); most vegetables. Low GI foods should form the bulk of every meal.

b) To this add smaller portions of carbohydrates which release glucose a bit faster than low GI foods, but only very slightly so. These foods are known as **Intermediate GI** and have a slightly higher GI than (a) above, but they are not glucose bombs. Examples are boiled new baby potatoes (with skins), beetroot, sweetcorn, marog, brown rice, basmati and tasmati rice, tropical fruits,

rye bread.

c) The smallest portion of any meal should come from the foods that release glucose rapidly into the bloodstream. These **High GI Carbohydrates** include anything with cake flour as the main ingredient, large potatoes, bread and rolls, sticky rice, hot mealie meal, samp, matzos, pretzels, watermelon and melon family.

d) To complete the balanced meal add a single portion of **protein** as found in lean meat, fatty fish,

When carbohydrates are mentioned, most of us tend to think of potatoes, pasta and rice. However, from the GI point of view, all fruits, vegetables and legumes are regarded as carbohydrates, because they all release glucose into the bloodstream.

chicken, eggs, cheese, milk and yoghurt. Also include a single portion of **fat** but if the meal contains any food which has its own oil or fat, such as a muffin or pork chops, it is not necessary to add any more:

Note: If your child reacts to any of the ingredients listed above, please don't give them to him.

DO WE NEED TO KNOW MORE ...

The more you know about the concept, the easier it becomes to take

full advantage of the benefits of feeding your family glycaemically balanced meals. Did you know that some foods have a low GI when cold, but a high GI when hot? Or that the GI of anything made with cake flour can have a GI much higher than that of sugar? Did you know that adding oat bran or grated apple can lower the GI of a cake or pie? The above information provides you with the basics but there is so much more to learn about controlling blood glucose levels! The entire family benefits.

HOW DO WE GET MORE INFORMATION?

Come along to our meeting at Delta Park School at 2pm on Saturday 24 July where our Advisory Panel Dietitian, Jeske Wellmann, will be explaining the many ways that stabilizing blood glucose levels could benefit our children! She will also be showing how to provide glycaemically balanced meals - especially breakfasts and lunch boxes.

Take the opportunity to ask any questions you may have about your child's diet, the supplements you are taking (including amino acids) or any related matter. Jeske is involved in our Food List Research and her experience includes assisting the GI Foundation. This is a marvellous opportunity for you to benefit from her vast knowledge and experience.

See you on the 24th!

Yours,
Heather Picton.

SEMINAR FEEDBACK

Our 15th Anniversary Seminar held in collaboration with the University of the Witwatersrand Special Education Department was an outstanding success! It was held in the beautiful Cape Dutch Setting on the University Campus with impressive speakers from both the University and our own ADHD experts. Our speakers did us proud, making their subjects come alive, and we would like to thank each and every one of them for their valuable contribution to the Seminar. In addition we would like to thank the delegates, because we

could not have held a Seminar without them!

We were most concerned when we heard that Professor van der Merwe was in intensive care after a stroke – after a few very worrying days for everyone, he was able to return home and is now well on his way to recovery. We had very little time to fill his slot and were grateful when Stuart Wilson, at short notice and at his own expense, travelled to Johannesburg to deliver a talk on Essential Fatty Acids and healthy eating. Thank you Stuart – we first met him

in the early nineties and he has been a staunch supporter of the Attention Deficit and Hyperactivity Support Group even since.

We would like to say "Thank-you" to the many companies and people whose assistance made the Seminar the success that it was:

- **Wits University** for the folders, their interest and support
- **Wits Club** for the venue and delicious snacks
- **Chemserve** for their support and assistance

- **Sportron** for sponsoring and printing our z-folder leaflets
- **SAIDA (South Africa Inherited Disorders Association)** for sponsoring 15 delegates from disadvantaged areas
- **Wesbank** for note pads and pens
- **Real Juice Company** for the refreshing real fruit juice supplied for the delegates
- **Fruit Flower and Nut Market** for the beautiful flowers
- **Spar, Blaigowrie** for the foods loaned to us for the display of suitable products.
- **Elizabeth Bosman** who designed our delightful Support Group posters
- **Lutz Shepard** for the sound and recording
- **Woolworths** whose generous

donation of hundreds of packets of character sweets added to the celebratory atmosphere – delegates on both days went home with several different packets of sweets for themselves and their children!

We would like to thank Merle for organizing the CPD points – we still have a few unclaimed certificates, please contact Sandy for yours.

Thank you **Clare** for arranging the 15th Anniversary Celebratory Hamper for the first day of the Seminar and the Raffle on the second.

We would also like to thank the **people and companies** that donated suitable products to the Celebratory Hamper and Raffle: **Nestle** who donated a variety of products; **Bob Cole** who donated the Xcell Junior; **House of Health** for the GLA Syrup;

Wits University Press for the book “Hyperactivity and ADD – Coping and caring”

Thank you to the Magazines and Associations who advertised our Seminar including: **Fair Lady, Living and Loving, Kidsnews, Mother and Baby Magazine, Health and Hygiene Magazine, The Urban Edge, ‘Verve’ in The Star Newspaper.**

We would like to thank the people who made it all possible: the volunteers who gave so freely of their time and expertise, and also our husbands and families for their valuable assistance and enabling us to put in the time required for this highly successful seminar.

Tape recordings

Tape recordings of Seminar Talks are now available at R20 each. To order contact Sandy at (011)793-2079. Topics are:

1. **The Nature of ADD, Nutrition and Supplementation** by Heather Picton
2. **Diagnosis, Assessment, Treatment and Medication** by Dr Johan Erasmus
3. **Occupational Therapy and Sensory Solutions** by Francoise Harrison and Meg Allan
4. **Managing the Environment of the ADHD Child** by Terry Wilke
5. **Promoting Successful Learning Experiences** by Elaine Harcombe
6. **The Latest Facts about Fats** by Stuart Wilson
7. **Speech Therapy and Auditory Processing** by Jean Bowker
8. **The Social and Emotional Development of the ADHD Child** Anita deCaires Wagner

We also have a few Seminar Packs containing summaries of the addresses available at R50 per pack - they can be collected at the Support Group Office on Wed and Fri mornings during school term.

VOLUNTEERS NEEDED!

Can you help us?

No experience needed – we offer full training.

One morning a week of your time enables us to provide a better service to the ADD/H community. As you help others, you inevitably gain greater skills for helping your own family.

Can you afford not to come?

Please contact Sandy at 011-793-2079



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**ATTENTION DEFICIT AND HYPERACTIVITY
SUPPORT GROUP OF
SOUTHERN AFRICA
- NATIONAL OFFICE -**

P.O. Box 3704
Randburg
2125

Tel: Sandy (011) 793-2079
Fax: (011) 793-4790
E-mail: rscox@icon.co.za

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Accept – Don't reject

MEMBERSHIP

APPLICATION FORM - Annual Subscription R85-00

PLEASE PRINT

NAME:

POSTAL ADDRESS:

.....CODE:.....

TEL: (h) (.....)(w) (.....).....CELL.....

FAX NO: (.....).....E-MAIL.....

NAME OF CHILD/MEMBER:.....

DATE OF BIRTH:/...../.....

SCHOOL:

SIBLINGS: (Names & Ages)

1 2

3 4

OCCUPATION: Mother

Father

SIGNATURE: DATE:/...../.....

For confirmation of application kindly deposit into ABSA Sinoville Branch, Saving Account No. 907-161-3544.

- Please make all cheques payable to: ADHD Support Group – National Office (Jhb)
- Cash payments can also be made into this account
- Please complete the deposit reference blocks below your signature with your printed full name
- Please fax your application form together with the bank deposit slip to (011) 793 4790 or 793 2079.
- Alternatively, post this form, together with your remittance to PO Box 3704 Randburg 2125.