

Accept—don't reject

Greetings from the Attention Deficit & Hyperactivity Support Group of Southern Africa

ADHASA

Helping the community for nearly 19 years!

This article targets people with ADHD and the information could help other people too.

Please make this newsletter available to anyone who could use it.

INSIDE THIS ISSUE:

Myths about ADHD 1

Forthcoming Attractions 2

Volunteers Needed to counsel and help children and adults who are battling with their ADD/ADHD.

Phone Sandy on (011) 793-2079 when you can help.

Keeping up with ADD

March-April 2008

Tel: (011) 888-7655

Fax: 086-604-7124

E-mail: adhasa@telkomsa.net

www.adhasa.co.za

PO Box 3704

Randburg

2125

If you do not wish to receive this please send an e-mail with "unsubscribe" in the subject.

Company not for gain
93/03639/08

Office hours:
Weekday mornings
09h00 to 13h00
ADHASA National Office
Delta Park School, Blairgowrie
Phone: (011) 888-7655

SOME MYTHS ABOUT ADHD

Attention Deficit Disorder (ADD) is the most commonly diagnosed medical condition in children today, and is characterised by the inability to pay attention, distractibility, and frequently by impulsiveness which can be in their speech or their actions. Children who have the added symptom of extreme over-activity are said to have Attention Deficit Hyperactivity Disorder (ADHD).

Few realise the devastating effect that these symptoms or combinations of them can have on every aspect of children's lives. Disgusting behaviour, poor school performance and inept social behaviour, all frequently regarded as totally unacceptable, are often children's best attempt to cope in a world that is hostile and confusing to them.

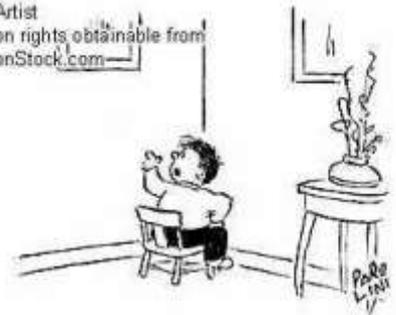


In the late eighties and early nineties it was claimed that ten percent of all children were affected by ADD or ADHD; but that only three percent of all children were severely afflicted with the condition seriously affecting their quality of life.



Subsequently there

© Original Artist
Reproduction rights obtainable from
www.CartoonStock.com



"WHEN YOU'RE A LITTLE OLD LADY LIVING WITH ME, YOU'LL BE SEEING A LOT OF THIS CORNER!"

has been a dramatic increase in the numbers of children being diagnosed, possibly due to greater recognition and understanding of the condition, but probably also due to increased reliance on convenience foods which could result in lowered nutritional status. Children deprived of adequate nutrition cannot function at their optimal levels; and it becomes far more difficult for their system to process the essential fatty acids needed for their best brain functioning. Research is showing that a deficiency of essential fatty acids can aggravate, and in some cases, produce many of the symptoms commonly linked to ADD or ADHD children. According to world famous nutritionist Patrick Holford, up to eighty percent of people in the Western Hemisphere are deficient in essential fatty acids! Could this explain the vast numbers of children being diagnosed with the condition?

Despite all the available information about ADD/ADHD, there are still many myths about it:



This edition of "Keeping up with ADD" kindly put together for us by Lorí Lea; Executive, Life, Family & ADD Coach 082-787-0262 ~ www.MindFocus.co.za

Myth 1: ADD/ADHD is outgrown at puberty.

This is false because many people seem to outgrow their ADD or ADHD, but in reality they learn ways and means of coping and so are able to mask the condition. It should also be taken into consideration that the pressures of school invariably highlight weaknesses of ADD children placing tremendous stress on them. This in turn aggravates the symptoms of ADD/ADHD and dramatically reduces their levels of coping. ADD children often find life far easier once they have left school and realise their true potential, unless they have been so emotionally scarred that they have lost all confidence and never learn to cope.

**To sum up:**

In many circles ADD and ADHD still carry a stigma, with affected children being labeled, teased and ostracised. This is so unnecessary and only points to the lack of knowledge and understanding of the tormentors. Children with ADHD usually start off trying their hardest and doing their best only to be undermined and criticised at every turn. (Who can blame those who eventually become cynical or oppositional when no one has ever bothered to see life from their point of view).

We also need to remember that many of these irritating symptoms are actually gifts if used in the appropriate situation: The same symptoms that caused young Winston Churchill endless difficulties as a child, proved invaluable as he changed the course of history and possibly became the greatest statesman of the twentieth century. Hopefully, as we have greater understanding of the condition of ADHD, we will be more able to assist

Myth 2: Medication is the ONLY solution.

This is false because there are many children affected by ADHD who comfortably cope (with schoolwork and in other areas) without any medication. As we learn more about the condition we are better able to understand and meet the needs of these children without resorting to medication.

For some children other solutions are not available. If this is the case and medication is the only way of ensuring that a child is going to achieve his education (and keep his self image and confidence levels intact), then it should be considered.

these children. Everyone benefits when they take their place as valuable contributors to our society.

Heather Picton



Winston Churchill as a boy - looks defiant?

Myth 3: Diet doesn't work!

We're not really looking at a special diet – we're looking at the basics of healthy eating. Many people have forgotten about them ... or else never learnt about them in the first place! We've all paid heavily for the convenience of our modern lifestyle.

In addition there are so many additives used in foods these days that it's almost impossible for the average parent to know what to take and what to avoid. Producers haven't helped much because their labels are confusing. Large letters draw your attention to, for example, NO ARTIFICIAL COLOURS, and then small print in an almost hidden corner admit to the synthetic flavourants. It makes it difficult to trust what they are saying.

Recent research in England has shown that all children can be affected by additives and several UK firms are voluntarily pulling out six highlighted additives and these are: tartrazine, quinoline yellow, sunset yellow, ponceau 4R, allura red and carmoisine. Let's hope that South Africa sits up and takes notice and follows suit.

Johannesburg forthcoming events

Sat 7 June: Leoni Joubert talk on "Eyes Right for School - How vision affects learning" at Sportron Building, cnr Bryanston Drive & Eaton Road, Bryanston

26 July: ADHASA Adult ADD Seminar (Jhb) at The Wits Club, off Yale Road, Johannesburg

13 & 14 September: ADHASA's 15th Annual Conference (Jhb) – venue still to be confirmed

25 October: Jane Jarvis talk "Studying for tests" at Sportron Building, Cnr Bryanston Drive & Eaton Road, Bryanston.

Booking is essential—
Phone 011-888-7655 or email
adhasa@telkomsa.net
or fax 086-604-7124.