

## **ADHD TREATMENT: Tampa Dr. Nelson Mane says, “BEWARE”**

Being the parent of a child with ADHD requires a lot of discipline and consistency. Our approach combines positive aspects of a sensory motor hemispheric approach with a negative aspects including removal of things known to be associated with epigenetic triggers. The sensory motor integration requires consistency in order to make progress toward long term changes. Sticking to a specific diet such as Gluten Casein Free can also be quite demanding. Our office also asks parents to do one more thing that is unpopular with children and parents trying to maintain their sanity. That is to limit screen time, meaning TV, video games and the internet. Below are two scientific articles that support our integration of this technique to our multifaceted approach.

**1:Psychiatry Clin Neurosci. 2004 Oct; 58(5):487-94**

**Attention deficit hyperactivity symptoms and internet addiction.**

[Yoo HJ](#), [Cho SC](#), [Ha J](#), [Yune SK](#), [Kim SJ](#), [Hwang J](#), [Chung A](#), [Sung YH](#), [Lyo IK](#).

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The objective of this study was to evaluate the relationship between attention deficit-hyperactivity/impulsivity symptoms and Internet addiction. In total, 535 elementary school students (264 boys, 271 girls; mean age, 11.0 +/- 1.0 years) were recruited. The presence or severity of Internet addiction was assessed by the Young's Internet Addiction test. Parents and teachers of the children completed the DuPaul's attention deficit hyperactivity disorder (ADHD) rating scale (ARS; Korean version, K-ARS) and Child Behavior Checklists. Children with the highest and lowest quartiles in K-ARS scores were defined to be in ADHD and non-ADHD groups, respectively. Five children (0.9%) met criteria for a definite Internet addiction and 75 children (14.0%) met criteria for a probable Internet addiction. K-ARS scores had significant positive correlations with Young's Internet Addiction test scores. The Internet addiction group had higher total scores of K-ARS and ADHD-related subcategories in the Child Behavior Checklists than the non-addiction group. The ADHD group had higher Internet addiction scores compared with the non-ADHD group. Therefore, significant associations have been found between the level of ADHD symptoms and the severity of Internet addiction in children. In addition, current findings suggest that the presence of ADHD symptoms, both in inattention and hyperactivity-impulsivity domains, may be one of the important risk factors for Internet addiction.

The information below is quoted from NeuroPsychiatry. Vol.5, No.3, May 2004

### **Is Excessive Television viewing in Children Linked to ADHD?**

“Watching too much television has been implicated in increased violent behavior and obesity in young children, and now there is evidence that it may promote inattention. Researchers have found that television exposure in children ages 1 to 3 is associated with attention problems at age 7. Furthermore, the investigators concluded that each hour of television watched per day increases these children’s risk of attention problems, such as attention-deficit/hyperactivity disorder (ADHD), by almost 10% at age 7.”

Time to Turn Off the Television?

“Our results have some important implications if replicated in future studies,” the researchers summarized in the April issue of *Pediatrics*. “First, we added inattention to the previously studied deleterious consequences of excessive television viewing, including violent behavior and obesity. Second, our findings suggest that preventive action can be taken with respect to attentional problems in children. Limiting young children’s exposure to television as a medium during formative years of brain development consistent with the American Academy of Pediatrics’ recommendations may reduce children’s subsequent risk of developing ADHD.”

Dr. Mane offers one on one consultations as well as Group Seminars for parents and children who suffer from Autism Spectrum Disorders. If you are interested in scheduling a consultation or to attend a seminar please call 813-935-4744. For more information about Dr. Nelson Mane, D.C. and his treatment approach for ASD go to

<http://www.manecenter.com/ADHD.htm>.