Reducing Your Risk of Attention Deficit Hyperactivity Disorder (ADHD)

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En Español (Spanish Version)

Because the known risk factors for ADHD are out of your control, there are currently no guidelines for reducing your (or your child’s) risk of ADHD. As our understanding of ADHD grows, your doctor may have more information regarding steps for reducing your risk.

Understanding ADHD will help you identify its symptoms, minimize the consequences, and get appropriate treatment early on. Early Recognition of the behavioral, emotional, and social factors that aggravate the condition can lead to interventions that help reduce its severity. Proper treatment can prevent problems later in life with school, work, relationships, and drug and alcohol abuse.

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