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Child, Adolescent & Adult
Psychiatry

About Us

We provide:

- Evaluations
- Diagnosis and Treatment
- Medication Management
- TMS Evaluations and Treatment

Office Hours

Monday-Thursday
8:00am - 5:00pm
Friday 8:00am-12:00pm

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What is ADHD?

ADHD is a developmental disorder associated with an ongoing pattern of inattention, hyperactivity, and/or impulsivity. The symptoms of ADHD can interfere significantly with an individual's daily activities and relationships. ADHD begins in childhood and can continue into the teen years and adulthood.

What are the symptoms of ADHD?

People with ADHD experience an ongoing pattern of the following types of symptoms:

- Inattention—having difficulty paying attention
- Hyperactivity—having too much energy or moving and talking too much
- Impulsivity—acting without thinking or having difficulty with self-control

Some people with ADHD mainly have symptoms of inattention. Others mostly have symptoms of hyperactivity-impulsivity. Some people have both types of symptoms.

Signs of inattention may include challenges with:

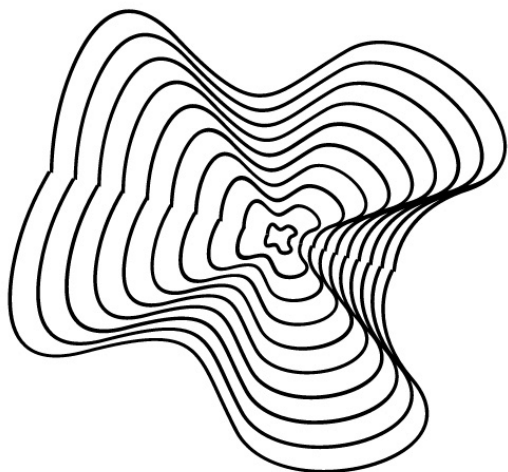
- Paying close attention to details or making seemingly careless mistakes at work or during other activities
- Sustaining attention for long tasks, such as preparing reports, completing forms, or reviewing lengthy papers
- Listening closely when spoken to directly
- Following instructions and finishing duties in the workplace
- Organizing tasks and activities and managing time
- Engaging in tasks that require sustained attention
- Losing things such as keys, wallets, and phones
- Being easily distracted by unrelated thoughts or stimuli
- Being forgetful in daily activities, such as paying bills, keeping appointments, or returning calls

Signs of hyperactivity and impulsivity may include:

- Experiencing extreme restlessness, difficulty sitting still for extended periods, and/or wearing others out with one's activity
- Fidgeting with or tapping hands or feet or squirming in seat
- Being unable to engage quietly in leisure activities
- Talking excessively
- Answering questions before they are asked completely
- Having difficulty waiting one's turn, such as when waiting in line
- Interrupting or intruding on others

What are the treatments for ADHD?

Treatment for ADHD includes medication, therapy and other behavioral treatments, or a combination of methods.



If you or someone you know is in immediate distress or is thinking about hurting themselves, call the National Suicide Prevision Lifeline at 1-800-273-TALK

What can I do to help myself?

Therapy and medication are the most effective treatments for ADHD. In addition to these treatments, other strategies may help manage symptoms:

- Exercise regularly, especially when you're feeling hyperactive or restless.
- Eat regular, healthy meals.
- Get plenty of sleep. Try to turn off screens at least 1 hour before bedtime and get between 7 and 9 hours of sleep every night.
- Work on time management and organization. Prioritize time-sensitive tasks and write down assignments, messages, appointments, and important thoughts.
- Connect with people and maintain relationships. Schedule activities with friends, particularly supportive people who understand your challenges with ADHD.
- Take medications as directed, and avoid use of alcohol, tobacco, and drugs.