

In a new article, Pediatrician Kenneth Pomar Rebong, MD explains Attention Deficit Hyperactivity Disorder (ADHD)

Pediatrician Dr. Kenneth Rebong's most recent article discusses what ADHD is, its causes, symptoms, and treatment plan.

SAN JOSE, CALIFORNIA, UNITED STATES, July 10, 2019 /EINPresswire.com/ -- Attention Deficit Hyperactivity Disorder (ADHD) is a neurological disorder that is marked by the inability to concentrate, to be excessively fidgety and restless, and to behave in a reckless or impulsive manner. Dr. [Kenneth Rebong](https://drkennethrebong.wordpress.com/) has published an overview article on this disease. The complete article will be published on the Blog of Dr. Rebong at <https://drkennethrebong.wordpress.com/>

Generally, this disorder affects children and teens and then continues to affect them well into their adulthood. This disorder tends to affect boys more than girls and is usually identified in the early years of school.

Signs and Symptoms of ADHD

The signs and symptoms of ADHD are categorized into three sections:

Attention Disability

- * Getting distracted easily
- * Forgetfulness
- * Daydreaming
- * Problems in organizing basic tasks



Many people tend to live a happy life without realizing they have ADHD. It is crucial to pay attention to the signs and symptoms of ADHD, see your doctor, and seek prescribed treatments early."

*Dr. Kenneth P Rebong,
pediatrician*

- * The failure to follow directions or complete tasks

Hyperactivity

- * Restless and squirmy
- * Always on the go
- * Anxiety issues
- * Mood swings

Impulsive

- * Interruptive
- * Short-tempered

Adults may show some severe signs of ADHD if the brain disorder is not treated in time. These affected adults may



Dr Kenneth Rebong, medical doctor,
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have low self-esteem, get addicted to drugs or alcohol, have dysfunctional relationships with their loved ones, have trouble at work, and find it difficult to concentrate while reading.

Causes of ADHD

The primary cause of ADHD is still unknown; however, research shows that it is a result of the combination of various factors:

1. Genetics

ADHD is likely to occur among those who have had a family member with the same disorder. Research suggests that parents or siblings of a child with ADHD tend to have ADHD themselves.

2. Neurological Problem

While the exact brain issue that results in ADHD is still not diagnosed, a number of possibilities have been put forward by researchers. For instance, some brain scans show that people with ADHD have brain areas that are smaller than those of normal people. On the other hand, some studies show that individuals with ADHD may have an imbalanced neurotransmitter in their brain. The ill-proportionate neurotransmitter causes a lack of chemical production in the brains of people with ADHD.

Groups of people who are at a high risk of suffering from ADHD are as follows:

- * People born with epilepsy
- * People born prematurely - before the eighth month of pregnancy or born with a low weight.
- * Children who have had brain damage that either happened in the womb or at some point later during their childhood.

Treatments of ADHD

Luckily, Attention Deficit Hyperactivity Disorder can be treated with prescribed medicines as well as therapies.

1. Medications

Stimulants are effective in controlling ADHD to a considerable level. Some of the over-the-counter medications which are ideal for the treatment of ADHD include:

- * Focalin
- * Vyvanse
- * Adderall



Dr Kenneth Rebon, medical doctor, California



Kenneth Rebon, MD, doctor in California

- * Dexedrine
- * XR ODT

2. Therapies

The best forms of therapies employed for managing ADHD are:

- * Psychotherapy
- * Social skills training and counseling
- * Special education
- * Support groups
- * Behavior adjustment education

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About [Kenneth Pomar Rebong](#), MD

Dr. [Kenneth P. Rebong](#), a medical doctor in San Jose, California, specializes in Pediatrics and Adolescent Medicine. The scope of his practice is from age 0 to 21. He graduated from FEUNRMF University in Manila, Philippines and completed his residency at Rutgers University in New Brunswick, New Jersey, USA.

References

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