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The Complete Picture: How Estrogen Affects Women with ADHD

For most women and girls affected by ADHD, severity of ADHD symptoms will fluctuate throughout the month, tied closely with their hormonal cycles.

“Women with ADHD must live in their bodies, and those bodies, or more specifically those brains, are subjected to monthly fluctuation of hormone levels,” says author Patricia Quinn, MD. “The key to better outcomes for women with ADHD lies not only in better recognition of the disorder, but in the realization that in addition to their ADHD, they must cope with an ever-changing hormonal environment that can have a significant impact on their ADHD symptoms.” [Read more and join the discussion.](#)



Should Your Patients Have an Annual Checkup?

Are you scheduling your patients for annual check-ups? The authors of a commentary in the *New England Journal of Medicine* have argued against the practice of an annual check-up, especially for adults, citing the possibilities of inaccurate test results and the risk of unneeded medical intervention in otherwise healthy individuals. This raises patient health risks, they state, and increases costs in the medical system.



Can an annual office visit help you to meet your patient's health needs, provide you with needed information to guide your patient, and help to evaluate the effectiveness of medications? The American Academy of Private Physicians does suggest patients younger than 30 might be scheduled for a physical every other year, but patients older than 40 should be seen yearly. How do these suggestions affect your patients and their care? [Continue reading and discuss!](#)

Q&A: Can Fish Oil Help My Child's ADHD?

Question: I've heard so much negative information about ADHD medication, but my friend says that fish oils or omega-3s could replace prescription medication. Is this true? How much should my daughter take to treat ADHD?



—Mother in Michigan

Answer: Fish oil contains high concentrations of omega-3 fatty acids. Research in the past 10 years has shown that omega-3 fatty acids can help to reduce inflammation in the body and improve symptoms of cognitive disorders, including ADHD. The research is ongoing, but none of the current research has shown that using supplements is as effective as medication for ADHD or that it could replace the currently recommended treatment. [Read on and let us know what you think.](#)

Ask the Expert Educator Edition: The Best Classrooms for Students with ADHD

Featuring Sydney Zentall, PhD
Thursday, Nov. 3, 4-5 p.m. ET

Are you looking for tips on providing classroom accommodations for your students affected by ADHD? Accommodations work best when tailored for the individual needs of your students, based on the severity of their ADHD symptoms and any other co-occurring conditions.

Join us for this special Educator Edition to learn strategies specifically tailored to the symptoms of inattention and hyperactivity/impulsivity. You'll learn what strategies work for each symptom and how you can create a plan to meet the needs of your students. You'll gain new ideas to try in your classroom immediately.



Save My Seat

ADHD *in the News*

- ADHD: Myths vs. facts
- Study looks at ADHD treatment in teens at risk for bipolar disorder
- Fact or fiction: Dispelling the myths and misconceptions of ADHD
- Graduation rate climbs for students with disabilities

Read these and other articles in the [ADHD in the News weekly digest](#).

Did You Know?

In honor of National Teen Driver Safety this week, we have a playlist on [Youtube channel](#) with videos ranging from how to focus while driving and driving with ADHD medications. [Watch now.](#)



Be Extraordinary

#CHADD2016

Annual International
Conference on ADHD
Costa Mesa, CA
November 10-12, 2016



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