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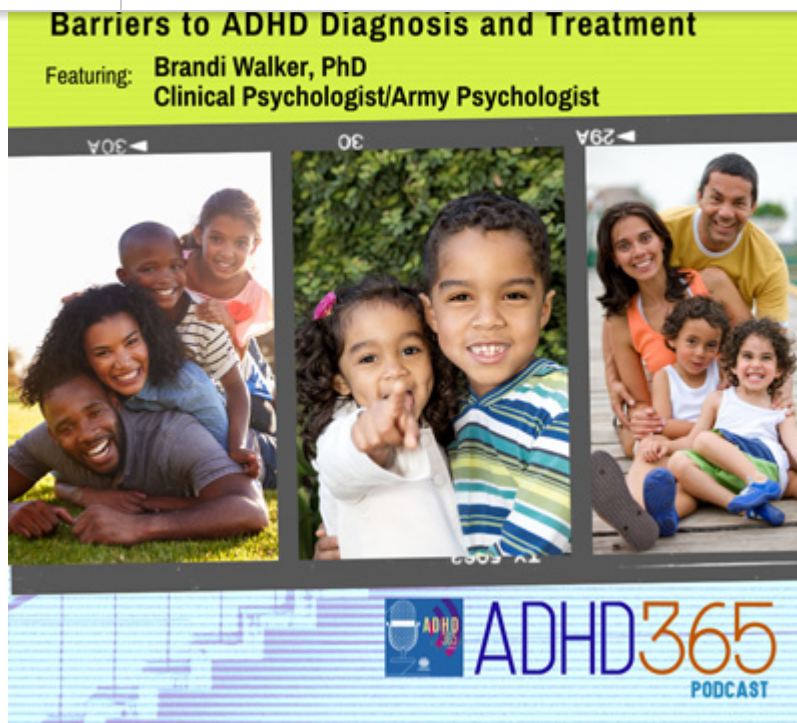
Getting Some Sunshine Could Help Lessen ADHD Symptoms

Is it a myth that sunshine can affect ADHD symptoms for some people? Researchers are exploring the possibility that it could be helpful.



Yoga for ADHD? Studies Show It Can Be Helpful

The slow, thoughtful movement could be helpful in reducing some ADHD symptoms.

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Health Disparities: Barriers to ADHD Diagnosis and Treatment

Featuring Brandi Walker, PhD, (MAJ, Army)

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Not every community in the United States has the resources available to help individuals and families cope with the challenges that come from ADHD. What are the consequences of late diagnosis and treatment for ADHD in underserved and disenfranchised communities? Major Dr. Brandi Walker shares her insights into what healthcare providers, parents, and educators can do to decrease health disparities.

In this information podcast, you'll learn about:

- Potential barriers to diagnosis and treatment for different communities
- How barriers affect African-American, Latino-American, and immigrant communities
- How access to care impacts academic achievement, relationships, and quality of life
- Common gaps for school-aged children with ADHD and how those gaps follow them into adulthood
- How parents, teachers, and medical personnel can work together

Brandi Walker, PhD, (MAJ, Army), has an earnest desire to further what is known about ADHD and provide therapeutic expertise and researched-

works directly with service members and their families.

ADHD *in the News*

- The FDA just approved the first prescription video game – it’s for kids with ADHD
- Constable: Prescription ADHD video game 'needs study,' doctor says
- Pandemic Causing Havoc for Kids With ADHD
- What Prompts Patients to Seek an Evaluation for ADHD
- ADHD: Patient QOL and Misconceptions
- ADHD and Polypharmacy - Where are we Going?
- Can an ADHD Diagnosis Actually Harm Academic Performance?
- Link Found Between ADHD and Sleep Issues in Adolescents

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



Survey Opportunity For Parents of Teens

PillSmart is conducting phone surveys with parents of adolescent children prescribed with stimulant medication. This survey is organized by PillSmart research, supported by the National Institute on Drug Abuse, and would like to learn about the daily needs of parents in managing their child’s stimulant medication as well as their concerns around safety of stimulants. Eligible parents can earn a \$30 Amazon Gift Card after completing a 30-45 minute survey over the phone. Responses will be confidential and anonymous. The information collected in the survey will be used to help improve the safety of stimulant treatments while mitigating the burden of care for parents. After filling out the screening form, you will be contacted by email in 1-2 days to schedule a phone call survey, if eligible. For all inquiries, please visit the link above or send email to research@pillsmart.org.

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