

Signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD)



By Dr. Ali Kumble

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health disorders in children, affecting 7.2% of people under the age of 18 worldwide. Autism Spectrum Disorder (ASD) is a complex developmental condition that affects social communication, interactions, and behaviour.

The symptoms of ASD and ADHD overlap. Most children with ASD may have symptoms of ADHD. These include difficulty settling down, social awkwardness, an ability to focus only on things that interest them, and impulsivity.

Roughly, two-thirds of children with ADHD have at least one co-existing condition. Some studies suggest that up to half of kids with ASD also have ADHD. ADHD is not part of autism.

Early features of ASD

- * Avoiding eye contact
- * Limited display of language
- * Having little interest in other children
- * Getting upset by minor changes in routine

The screening of ASD is recommended for those at risk, like pre-term LBW babies, positive family history, parental concern, environmental exposure like lead (metal), etc.

- * Evaluation of child in ASD
- * Physical examination
- * Dysmorphic physical feature
- * Head circumstances
- * Detailed Neurological assessment
- * Diagnostic testing

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- * Chromosomal micro array
- * Fragile X DNA test
- * Audiology evaluation
- * Serum – lead level
- * Metabolic screening
- * EEG
- * MRI

Treatment

- * Educational
- * Development and educational programming
- * Intense behavioural therapy
- * Speech and language therapy
- * Social skill programme

Attention Deficit Hyperactivity Disorder (ADHD)



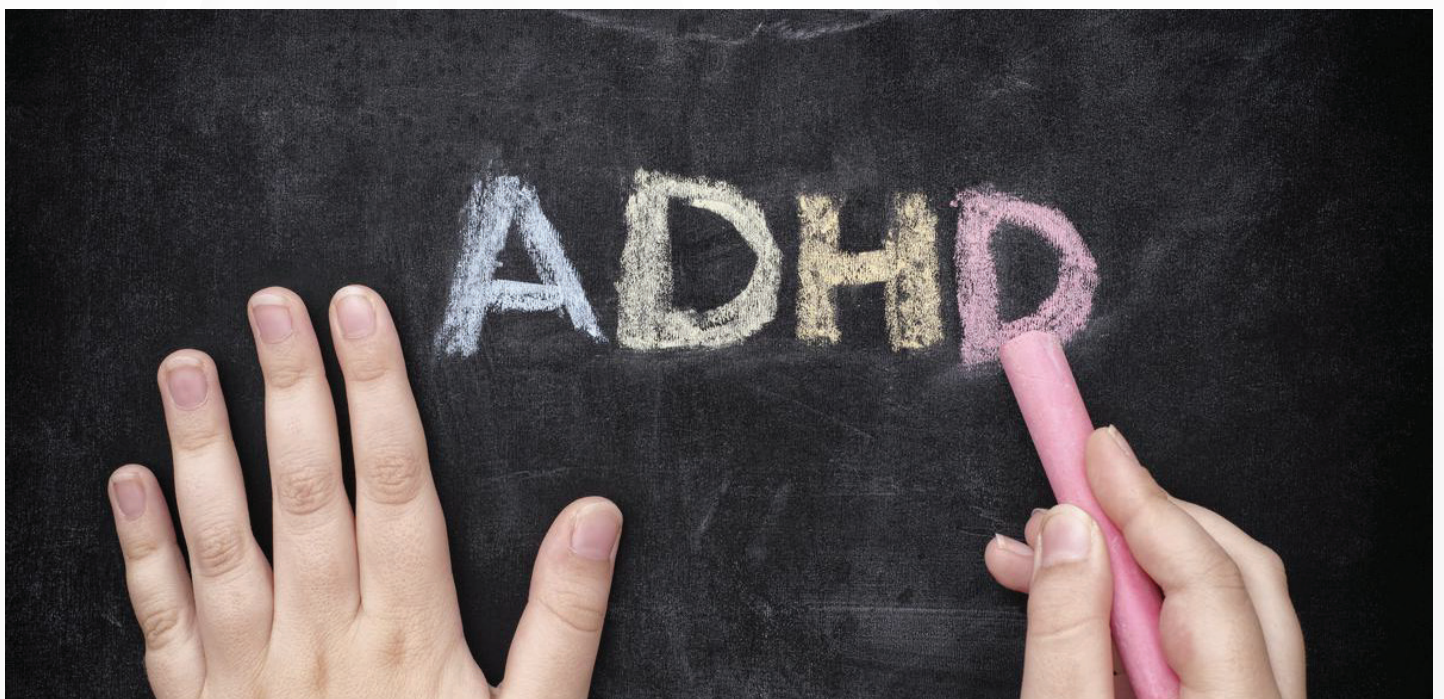
Attention Deficit Hyperactivity Disorder (ADHD)

Marked by inattention, hyperactivity and impulsivity, ADHD is primarily a disorder of self-regulation and executive function. Kids with ADHD may not be able to stick to from (taking to play), but they understand it. They may not respond when called because of attention problem, but they are often socially engaged and recognize their names and what that means. Proper evaluation and management are indicated in these conditions.

Behavioural Therapy

Early intervention for social and communication skills and therapy are rewarding. Picture exchange communication systems and verbal behaviour intervention are also effective. Correcting a nutrient deficiency and avoiding certain diet – gluten-free, sugar-free, etc – also help. The earlier a child is diagnosed or identified to be at risk of developing autism the sooner they can start receiving intervention and therapy Along with behaviour therapy, social-skills training is important to enabling the child to form sustainable peer relationships and to enhance the child's acceptability and self-esteem.

Dr. Ali Kumble, MBBS, MD (Paediatrics), is the Chairman of Indiana Hospital and Heart Institute, Mangaluru and Head of Paediatrics at Indiana Hospital.



Appreciation for Gastro Team

The month of May 2023 saw a record 200 **therapeutic endoscopic** procedures done at the **Gastroenterology and Hepatology** department, Indiana Hospital and Heart Institute. A cake was cut in appreciation of the efforts of the staff and nurses of the Gastroenterology department.

The Department of **Gastroenterology and Hepatology** offers comprehensive care for prevention, diagnosis and treatment of diseases of the digestive tract, liver and pancreatico-biliary system in children and adults. The centre offers state-of-the-art endoscopic procedures for Gastrointestinal bleeding, Gastrointestinal cancers, Foreign body removal, etc. It is dedicated to the management of diseases of the digestive and hepatobiliary system, and Doctors in this segment comprises a highly qualified and skilful medical team led by Dr. Apoorva Srijayadeva, Consultant Interventional Gastroenterologist.



Indiana Hospital signs an MoU with Karwar Naval Base

Indiana Hospital and Heart Institute, Mangaluru on Thursday (July 13, 2023) entered into an agreement with Karwar Naval Base to provide multi-disciplinary care to its personnel and dependents.



Indiana Hospital distributes raincoats to Police personnel as a tribute for their hard work

MANGALURU – With continuous rains lashing the coastal region, the efforts of the DK Police personnel in playing a vital role through the heavy rains ensuring a safe driving environment need to be appreciated.

As part of its CSR initiatives, Indiana Hospital & Heart Institute, Mangaluru, distributed water-proof raincoats to more than 100 police personnel of Mangaluru City on Thursday (July 6/2023) in recognition of their services rendered during the heavy rains that is continuously pounding the region.

At a brief ceremony held at Indiana Hospital auditorium, Ms. Dhanya N Naik, ACP - South sub-division, Mangaluru, appreciated the gesture of Indiana in presenting the police personnel with rain coats which will come handy during the rainy season. Speaking on the occasion, Dr. Yusuf Kumble, Managing Director, Indiana Hospital, observed that Doctors and police are always on duty 24X7 and Indiana has always been appreciative of police's efforts. He said, "Indiana periodically organises health check-up camps for police personnel and have been contributing to their welfare in some way or the other."

Dr. Ali Kumble, Chairman, Indiana Hospital, proposed a vote of thanks. SIs Mr. Raghu Nayak, Mr. Krishna B. and Mr. Sunder Raj, and other police personnel, alongwith Prashant S. Desai, CEO, Indiana Hospital, were present on the occasion. Saaksha, Clinical Dietitian, Indiana, conducted the proceedings.



Good response to free health camp held at Nilesishwar



NILESHWAR (Kasargod) -- More than 625 people from Nilesishwar and surrounding places benefitted in the health check-up camp held on July 16, 2023 . The camp was jointly organised by Indiana Hospital and Nilesishwar Merchants' association. Highest number of cases was reported at Cardiology department. Dr. Yusuf Kumble, Chief Interventional Cardiologist at Indiana Hospital and his team, checked 151 patients at the camp. General Medicine saw 151 patients, Paediatric, 77, Orthopaedic, 129, Gastroenterology 64, Urology 47, Gynaecology 20, Nephrology 09, and a few Oncology patients.

With the mantra that 'prevention is better than cure', Indiana consultants, who attended the camp, urged citizens to pursue screening tests, follow-up on vaccinations, and make healthy lifestyle habits to prevent or slow down the course of an illness.

Medical staff trained in Neonatal Resuscitation

MANGALURU -- The Department of Neonatology at Indiana Hospital, Mangaluru conducted an in-house Neonatal Resuscitation Program for the Nurses, Doctors and Paramedics on 12th of July 2023. The program was aimed at improving neonatal care and reducing child mortality.

Dr. Abhishek K. Phadke, Consultant Neonatologist, was the lead co-ordinator of the program. Dr. Ali Kumble, Chairman of Indiana Hospital, delivered the welcome address and shared meaningful insights on the subject. Faculty included Dr. Chaitra P, Dr. Arjun and Dr. Jomi who imparted in-depth knowledge to the delegates.

The program was attended by more than 50 Nurses, Paramedics and Doctors and was aimed at strengthening and re-educating the healthcare providers on providing basic resuscitation to neonates. The Neonatology department always considers it necessary to periodically conduct fruitful academic programs/C-MEs for the nurses and resident Doctors.

The format, content and hands-on-experience on the mannequins were well appreciated by all the delegates. Dr. Abhishek K. Phadke concluded the program by distributing the certificates and delivering the key take-home messages.



Is fasting really the quickest way to lose weight?

What are the Causes of **SUDDEN WEIGHT LOSS** and When to See the Doctor?



When trying to lose weight, one must consider an approach which is more sustainable and can be adopted as a lifestyle modification rather than doing things which are extremely radical and that do more harm than good to the body in the long run, says Bhakti Samant, Chief Dietician, Kokilaben Dhirubhai Ambani Hospital, Mumbai.

A very common belief when it comes to weight loss is that fasting is the quickest and easiest way to drop the pounds. Haven't we all skipped a few meals in the hope of losing a few inches just before a family event to fit into our favourite clothes? To some extent, it has proved to be true. We do see some immediate results due to the temporary calorie deficit. The basic science of weight loss is based on the difference between calories consumed and the calories expended. Thus, during fasting, when the consumption reduces, the weight too tends to reduce. However, we have also come across a lot of cases where people end up gaining all the weight or even more than the usual weight once, they stop fasting as their appetite goes back to where it was originally. Denial for a period of time means they tend to overeat. This is because they fail to maintain the calorie deficit with balanced and portion-controlled eating along with enough energy expenditure through exercise. What many ignore is that fasting may give you the first push but then a weight loss plan has to be sustainable. Which means you have to exercise, plan your meals and sleep adequately. It is a normal human tendency to function well in strictly imposed restriction, but that goes away with a little relaxation due to

lack of will power and proper knowledge. Another mistake people make during sudden bouts of fasting is that such erratic and extreme habits slow down body metabolism, or the pace at which the energy expenditure happens. It may go down by as much as 20 per cent. Your body then optimises its functioning and prioritises only basic functions such as blood pumping and breathing. Because these activities are necessary for survival, your body simply becomes more efficient and burns fewer calories to perform them than it would when adequately fed. You would feel more tired than healthy. Also, people do not choose the correct foods during fasting. Just because one ends up skipping a meal or two does not mean one can afford to eat high calorie foods during the rest of the time as it again disturbs the overall calorie deficit. One fasting practice — provided it is followed for a long term — that can actually work for people wanting to lose weight and maintain it would be following the “early time restricted feeding.” This discipline involves consuming a majority of the calories during the first six to ten hours a day, which in turn leads to stable blood sugar levels and an improvement in metabolism. And although there are many studies done on intermittent fasting, most have followed subjects for a few months. None have followed subjects who have done this more than a year to establish long-term benefits.

(Courtesy: Indian Express)

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