

What May Not Be ADHD?

In my last article (November 2007), I talked about the use of specific guidelines as a framework for the diagnosis of ADHD. There are other factors and environmental influences which may affect the diagnosis of ADHD. I am very commonly asked in my practice: "My three year old is very, very active. Do you think he has ADHD?" We all come across children with behaviors relating to activity, impulsivity, and attention who may not fully meet DSM-IV criteria outlined in the last article.

Some of their behavior may lie in the realm of common variations in behavior. Two such developmental variations are described in The Diagnostic and Statistical Manual for Primary Care (DSM-PC), Child and Adolescent version.

Hyperactive/ Impulsive Variation: "Young children in infancy and in the preschool years are normally very active and impulsive and may need constant supervision to avoid injury. Their constant activity may be stressful to adults who do not have the energy or patience to tolerate the behavior".....

A toddler that is constantly running in circles without stopping to take a rest, or a child who constantly asks questions, may be showing age-appropriate developmental variations.

Activity and impulsivity of young children may increase when they are tired or hungry or in new situations. Their activity level may be reduced in familiar situations or when their caregiver shares attention and plays with the child. And finally the child's activity and impulsivity must be judged in the context of the caregiver's expectations, stress level and emotional well-being.

Inattention Variation: "A young child will have short attention span that will increase as the child matures. The inattention should be appropriate for the child's level of development and not cause any impairment."...

A preschooler having difficulty attending, except briefly, to a story book or a child not persisting long with homework that requires concentration, may be exhibiting inattention variation of behavior.

A child may have a short attention span for a particular task or activity if he or she doesn't have interest or skills in the particular activity. Similarly some parents may have low tolerance for developmentally appropriate inattention.

While the guideline framework helps with accurate diagnosis of ADHD; awareness of developmental variations in the child, type of environmental influences and the emotional well-being of the caregiver helps the clinician not only reach an accurate diagnosis, but also helps address different elements of care.

Source: Clinical Practice Guideline: Diagnosis and Evaluation of the Child With Attention-Deficit/Hyperactivity Disorder. Pediatrics, Volume 105, Number 5, May 2000.

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From the Director...

2007 was a very good year for The Neurological Resource Center. Nancy McMurray, Don Miksch, and Pam Knutson were appointed to TNRC's Board of Directors in 2007. They are excellent additions to our Board.

With the new year, we have incoming board officers. Our incoming Board Chair, Jeff Stevey is so dedicated that he travels from his home in Spokane to participate on our board. Our incoming Vice Chair, Barbara Grant, brings a great deal of passion to her work on our board. Don Miksch brings an abundance of energy to our Board and will serve as both the Treasurer and Secretary.

We are grateful for Pam Novak's dedicated service and leadership as Board Chair since July of 2005. We are also grateful for De Martucci's contributions to TNRC as Treasurer for the past year, as well as support group leader and advisor. We are pleased that Pam and De are continuing to serve on our Board.

Wing Chau, M.D., served on TNRC's Board of Directors from December of 1994 until December of 2007. We are grateful for the contributions that Dr. Chau made to The Neurological Resource Center throughout the years.

It's a pleasure to work with our Board of Directors, volunteers, and staff. I look forward to working with them on our many projects in the coming year, such as, Variété... With a Little Help From Our Friends ♪♪ on March 7, the Lahiri Lecture Series on March 29, and the Southeastern Washington Autism Conference on July 31-August 1. 2008 promises to be an exciting year for TNRC!

Karen Hayes, M.A., TNRC Executive Director

TNRC Office and Library Hours:

Monday-Thursday 8:30 - 5:00

Friday 8:30 - 4:00

Occasionally closed for lunch from 12:00-1:00 p.m.

WEBSITE: www.neurologicalresource.org

Sense of Belonging

Sometimes even our most faithful patrons, who fully appreciate the necessity of maintaining an active membership, aren't always sure of their current status. If you have questions about your membership, please don't hesitate to call us. We would be happy to check our database.

We need your participation!

Your annual membership helps provide to the community:

- Support groups
- Educational programs
- Community services and facilities referrals
- Production/distribution of this newsletter to over 2100 homes
- Educational Library

Suggested membership: \$25-Individual; \$50-Family; \$100-Corporate/Healthcare;

Membership Form

Yes, I would like to join/renew with a membership to The Neurological Resource Center. My check is enclosed.

A \$_____ donation above the membership fee is enclosed.

I would like to volunteer my time.

I can't pay for a membership at this time, but would like to continue receiving *The NeuroTransmitter*.

Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Please make your check payable to: The Neurological Resource Center
712 Swift, Suite 1 Richland, WA 99352

Your membership and donation are tax deductible.

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TNRC LIBRARY NEW ADDITIONS

January 2007

- ALZHEIMER'S** *Sundowning—Dementia Care*, Advanced Healthcare Studies, 23-minute DVD (616.831 DVD 810)
- MIND/BODY CONNECTION**
- Break Through Difficult Emotions—How to Transform Painful Feelings with Mindfulness Meditation*, Shinzen Young, c.1997, 2 CDs, 2-1/2 hours (616.0019 AUD You)
- Guided Mindfulness Meditation*, Jon Kabat-Zinn, Ph.D., c.2002, 4 CDs, 2-3/4 hours (616.0019 AUD Kab)
- Headache Relief—Guided Imagery Exercises to Soothe, Relax & Heal*, Martin L. Rossman, M.D., c.2004, 1-1/4-hour CD (616.849 AUD Ros)
- Healing Trauma—A Program for Restoring the Wisdom of Your Body*, Peter A. Levine, Ph.D., c.2005, 91 pages, 1-hour CD (616.0019 Lev)
- Qi Healing—Energy Medicine Techniques to Heal Yourself and Others*, Ken Cohen, M.A., c.2000, 2 CDs, 2-3/4 hours, 27-page study guide (616.0019 DVD Coh)
- Release Back Pain—Acupressure & Gentle Yoga Sessions You Can Use Anywhere*, Michael Reed Gach, Ph.D., c.2003, 1-hour CD (616.047 AUD Gac)
- Self-Healing with Guided Imagery—How to Use the Power of Your Mind to Heal Your Body*, Andrew Weil, M.D. and Martin L. Rossman, M.D., c.2003, 2 CDs, 2-3/4 hours (616.0019 AUD Wei)
- When Things Fall Apart—Heart Advice for Difficult Times*, Pema Chodron, c.2001, 2 CDs, 2-1/2 hours (294.3 AUD Cho)
- The Ultimate Brain Series—Psychoacoustic Immersion*, Tom Kenyon, M.A., c.2006 (616.8 AUD Ken)
- The Ultimate Brain User's Guide*, 57:32 minute CD
- Enhance Creative Problem Solving*, 54:48 minute CD
- Mind Gymnastiks—A Complete Program to Boost Brain Function and Performance*, 51:42 minute CD
- Freedom to Change*, 50:15 min. CD
- Ambient Support for Learning, Working, and Creating*, 66:28 minute CD
- Deep Rest*, 68:47 minute CD
- Deep Relaxation and Healing*, 58:29 minute CD
- Opening the Heart*, 68:48 minute CD
- Activate the Holographic Mind*, 59:20 minute CD

We were listening! You mentioned that you wanted books on tape. See the wonderful selection above in the Mind/Body Connection section—all of which are audio CD's.

If you have any other suggestions of audio books, or any materials that would be an asset to our library, please let us know!

Also, see page 8 for other audio selections available from our library.



Learn how to partner with your doctor

Attend a workshop designed for people experiencing memory loss and their care partners. Be aware and get the care you need.

“Partnering with Your Doctor” will teach you:

- What questions to ask your doctor
- What records you need to keep that will help your doctor and help you get the most out of your office visits
- Techniques that will help strengthen communication between you and your doctor
- How a strong partnership can reduce the stress of managing Alzheimer’s disease

January 22, 2008
6:00 PM – 8:00 PM
Guardian Angel Homes
245 Van Giesen Street
Richland, WA

RSVPs are appreciated but **are not required**
For More Information or to RSVP Please Call 943-8455

Certificates of Attendance Are Available Upon Request

Presented By
**The Neurological Resource Center
&
The Alzheimer’s Association**

Variété 2008
With a Little Help From Our Friends

March 7th, 2008 6:00 pm
Three Rivers Convention Center



As you can see, we've chosen our theme and plans for the evening are well under way. Lots of wonderful donations for Variété have already begun arriving!

Dr. Scott Ostler does it again!!

Once again Dr. Ostler is donating a complete set of orthodontics to Variété. He has generously donated this for the fourth year in a row.

We so appreciate his generosity.

Talk this one up!

For the musically inclined:

Cary and Susan Blackburn have donated a Young Chang studio piano. It is 43" tall with a Mahogany high gloss finish. This should be a great auction item.

Other donations:

We have tickets to the Portland Trailblazers, Seattle Mariners, Spokane Jazz Symphony, and many hotel and restaurants that are going to make some great travel packages.

Alan Gottschalk is making the beautiful stepping-stones and Susan Pinard will be donating another hand painted rocking horse.

Thanks to everyone for being so generous and keep those donations coming!

Speaking of which...

Did you receive any Christmas gifts that weren't just exactly what you wanted? Please remember that TNRC could use those very items to feature in some of our auction baskets.

HAPPY NEW YEAR

January 2008

AD= Alzheimer's Callaway= Callaway Gardens CFIDS= Chronic Fatigue Immune Dysfunction Syndrome Fibro = Fibromyalgia

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Year's Day OFFICE CLOSED MS Cancelled	2 No Head Injury Meeting in January.	3	4	5
6	7	8 12:00 pm Tourette @ TNRC 2:00 pm CFIDS/ Fibromyalgia @ TNRC	9	10 1:30 pm Parkinson's @ TNRC No Lyme Disease Meeting in January.	11	12
13	14	15 1:00 pm Caregivers @ TNRC 6:00 pm Epilepsy @ TNRC	16 2:00 pm Stroke @ TNRC	17 12:00 pm Alzheimer's @ Guardian Angel 5:30 pm Alzheimer's @ Callaway Gardens 7:00 pm Autism @ TNRC	18	19 1:00 pm Post Polio @ TNRC
20	21 2:00 pm Parkinson's Tele-health @ Kennewick General Hospital 5:00 pm Board @ Kadlec	22	23 6:00 pm ALS @ TNRC	24	25	26
27	28 12:30 pm Male Caregivers @ Callaway 6:30 pm ADD Parents @ TNRC 6:30 pm MS @ Mid Col. Library	29	30	31		

January 2008 Support Group News

ADD/ADHD Parents: 6:30 pm Monday, January 28 at TNRC, 712 Swift Blvd., Ste. 1, Richland.

Alzheimer's: (*light meals served*)

12:00 noon Thursday, January 17 at *Guardian Angel (Tudor House)*, 245 Van Giesen St., Richland.

5:30 pm Thursday, January 17 at *Callaway Gardens*, 5505 W. Skagit Ct, Kennewick.

ALS: 6:00 pm Wednesday, January 23 at *TNRC*, 712 Swift Blvd., Ste. 1, Richland.

Autism Society of Washington: 7:00 pm Thursday, January 17 @ *TNRC*, 712 Swift Blvd., Ste. 1, Richland.

Caregivers: 1:00 pm Tuesday, January 15 at *TNRC*, 712 Swift Blvd., Ste. 1, Richland.

Men Only: 12:30 pm Monday, January 28 at *Callaway Gardens*, 5505 W. Skagit Ct., Kennewick.

Chronic Fatigue Immune Dysfunction Syndrome/Fibromyalgia: 2:00 pm Tuesday, January 8 at *TNRC*, 712 Swift Blvd., Ste. 1, Richland.

Epilepsy/Seizure Disorder: 6:00 pm Tuesday, January 15 at *TNRC*, 712 Swift Blvd., Ste. 1, Richland.

Head Injury: No group meeting in January.

Lyme Disease: No Lyme Disease meeting in January.

Multiple Sclerosis: *Co-sponsored with the MS Society.*

No group meeting on January 1st.

6:30 pm Monday, January 28 at Mid Columbia Library, Kennewick. We will be discussing programs offered from the MS Society available to those with MS.

Parkinson's: 1:30 pm Thursday, January 10 at *TNRC*, 712 Swift Blvd, Ste. 1, Richland.

Post Polio: 1:00 pm Saturday, January 19 at *TNRC*, 712 Swift Blvd., Ste. 1, Richland.

Stroke Support Group

2:00 pm Wednesday, January 16 at *TNRC*, 712 Swift Blvd., Ste 1, Richland.

Speaker: *Stephanie J. Libby, PT, MPT, CSCS* of Kadlec Medical Center
will talk about home safety tips to decrease fall risk.
She will also give instructions in body mechanics for caregivers.

Tourette Syndrome: 12:00 pm Tuesday, January 8 at *TNRC*, 712 Swift Blvd, Ste. 1, Richland.

The Neurological Resource Center's Purpose is to improve the quality of life for those affected by neurological disorders. We offer education and support on a wide range of conventional, complimentary and alternative medical therapies. TNRC does not advocate one type of treatment over another. We believe those decisions are best left to the individual and their health care team.



The Neurological Resource Center
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Thank you,
Mary James, SLP!

Mary led our Stroke Support Group for 2007. For 2008, we will be having therapists from Kadlec Medical Center's Therapy Services rotating to provide you with a wide range of topics for stroke recovery.

TNRC AUDIO LIBRARY SELECTIONS

- **Living with Chronic Pain by Jennifer P. Schneider, M.D. – 2 CDs, 3 hours**
- **The Story of My Father (Alzheimer's) by Sue Miller – 5 CD's, 6 hours**
- **Alzheimer's Early Stages by Daniel Kuhn, MSW – 3 CDs, 3 hrs**
- **Delivered from Distraction – Getting the Most out of Life with Attention Deficit Disorder, Edward M. Hallowell, M.D. and John Ratey, M.D. -3 CDs, 3 hours**
- **The Fabric of Autism – Weaving the Threads Into a Cogent Theory, by Judith Bluestone, 6 CDs**
- **Teachers Ask About Sensory Integration 2 CDs**
- **Fred Hersch: Soothing the Senses 1 CD**
- **Songs for Sensational Kids 1 CD with 59-page booklet**
- **Marvelous Mouth Music 1 CD**