

## What kind of ADHD?

Author: Dr. Samran

A lot of my patients struggle with attention issues. The first question I ask them is: what type of attention do you struggle with? The different types of attention include:

- Focused: notice individual stimuli
- Sustained: focus on a task for a period of time
- Selective: focus on a task despite distractions
- Alternating: shifting focus between tasks
- Divided: focus on two tasks simultaneously (multitasking)

After discovering the issue, the next question is: what next? Many parents and schools have good intentions when they request medications for children to perform and behave well. I usually start off with non-stimulant medications (such as Clonidine, Guanfacine and the antidepressant Atomoxetine (Strattera)). If the non-stimulant medications are not effective, I offer low dose of stimulants are then started (Adderall, Ritalin, Vyvanse, etc). Along with medications, therapy and behavioral interventions are also indicated.

While I fine-tune medications, I always ask my patients: what are you doing to flex the mental muscles? Most patients and their family do not know how to answer this question. Attention is a muscle that needs to be worked out and flexed in order for high performance. As the old adage goes: If you don't use it, you lose it. I will be posting another entry about a possible treatment approach.

## Rattling your ADHD?

Author: Dr. Samran

This is the experiment alluded to in the previous article.

One type of therapy called "Interactive Metronome training" has been studied to help children with attention and motor control. I like to combine this with Native American rattles, which I feel also help with Schumann resonance.

So, if you are willing, please try this following sequence

Find an online metronome.

Select your number of beats (automatically at 120 beats per minute)

Set your time (automatically at 1 minute)

Determine the pattern you will make with the rattle. You can start with 1 rattle shake with every beat on the metronome

I recommend you start slow, such as 1 rattle with 1 beat. You can slowly advance to complex patterns, such as 2 rattles per beat, striking rattle with your palm, or different combinations. This activity will work on different types of attention:

- Sustained: focus on same pattern for a period of time
- Selective: focus on same pattern despite distractions (can play music, loud TV or have other distractions in the background)
- Alternating: do one pattern for a certain amount of time, then change the pattern for another amount of time

- Divided: focus on two tasks simultaneously (multitasking such as talking, watching TV, listening to music, walking, etc)

So, the next time you feel distracted, give yourself a rattle!

Links:

<https://pubmed.ncbi.nlm.nih.gov/11761130/>

<https://metronome-online.com/>