

ADHD Medication and Genetic Testing

What is ADHD?

Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder affecting 11 percent of school-age children.⁸ Symptoms continue into adulthood in more than three-quarters of cases.¹ **ADHD is characterized by developmentally inappropriate levels of inattention, impulsivity, and hyperactivity.**

Current and future treatments



Stimulants are currently the preferred method of treatment for ADHD, being effective for about 70% of children and adolescents.^{3,4}



Medication and dosage are often administered by a trial-and-error approach.



Effectiveness, dosage and side effects are highly individual and may include reduced appetite and difficulty sleeping.⁶

What can we do better?



Pharmacogenetic research

Researchers are now studying how genetics testing can improve medication selection for ADHD treatment.^{7,8}

Focus on 3 different types of genes

Genes associated with ADHD, genes that determine how you metabolize medications, and genes that relate to experiencing negative side effects.⁵

The goal of pharmacogenetic research is to reduce the stress, time, and challenges that accompany struggling to find which medication and dose is right for you.²

Where do I go to get pharmacogenetic informed ADHD treatment?

There aren't any specific groups of pediatricians, neurologists, or psychiatrists to whom parents can bring their children to receive pharmacogenetically informed ADHD treatment yet. However, there are academic research centers and pharmacogenetic testing companies that can help advise your health care provider on which medication to prescribe based on your test results.

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