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Understanding Attention Deficit Hyperactivity Disorder (ADHD) and the way forward**Faizan Fazal***Rawalpindi Medical University, Pakistan*

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder linked to structural and functional changes in CNS 1. ADHD symptoms persist in 30% to 60% of patients in their adulthoods 2. Various types of other neurodevelopmental disorders share the same type of genetic abnormalities that are found in ADHD 3. ADHD has been shown to be caused by a mix of both Genetic and Environmental factors 4. ADHD is characterized by increased motor activity, impulsive behavior and loss of focus. Global prevalence of ADHD is somewhere between 2% to 7% 5. Brain imaging techniques have shown abnormal neuronal connections as well as abnormal cortical functioning 6. Patients with ADHD experience lower quality of life in multiple domains than patients with other somatic and mental illnesses. ADHD has shown to affect self-esteem, behavior, family activities and cohesion 7. Numerous barriers have been identified in identification, diagnosis, making treatment decisions and treatment acceptance. Treating ADHD merely with pharmacological drugs is not sufficient. Researches have shown that work still needs to be done on certain domains such as earlier diagnosis, dietary interventions, social empowerment of patients, parent counseling and positive behavior support 8. When it comes to revealing further truths that lie in comprehending ADHD, neurobiology is a promising area to look for. A better understanding of underlying neurological mechanisms through specific molecular analysis and advanced imaging techniques is required to create novel drugs and to design relevant cognitive and behavioral models to help patients with ADHD.

Biography

Faizan Fazal is a 4th year medical student at Rawalpindi Medical University, Pakistan. He is pursuing an undergraduate degree in MBBS (Bachelor of Medicine, Bachelor of Surgery). Faizan is an avid, keen and active researcher. He holds a distinguished post of Student Trainee Editor at Student Supplement of Journal of Rawalpindi Medical College (SJPMC). He has published 8 papers up till now in reputed national and international journals and is currently working on a number of research projects in Pakistan including original studies, case reports, meta-analysis and randomized controlled trial.