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Making Sense of ADHD: Overcoming the Unique Challenges
By James M. Lewis, MD

**THE ESSENTIAL ROADMAP FOR PARENTS
WITH A CHILD WITH ADHD**

“James Lewis has written a superb, reader-friendly handbook on ADHD that covers all the ground any reader could want and even some new ground I've never seen in such a book before in ADHD, which was very helpful indeed. I highly recommend this book, and admire the clinical acumen as well as compassion and wit of its author.” - Edward Hallowell, M.D., Best selling New York Times Author and World-Renowned ADHD expert

The number of children in the United States estimated to have ADHD by the American Psychiatric Association and the Centers for Disease Control and Prevention is anywhere between 5-11%. This disorder is so common, but so many people are unsure how to approach it and what the best treatment options are. There is a lot of conflicting information that is difficult for someone who is not a medical professional to understand.

James M. Lewis, MD is board-certified in both Pediatrics and the subspecialty of Neurodevelopment Disabilities, dealing with not only pediatric patients, but also the behavioral development of his own children with ADHD. In his new and upcoming book, ***Making Sense of ADHD: Overcoming the Unique Challenges*** [High Tide Press, November 7th, 2018], he explores the multifaceted process of treating and caring for children with ADHD. His book not only explores ADHD as its own entity, but how ADHD connects and is influenced by other possible underlying problems in many children.

Parents heed his advice, attracting 150 new patients to his practice annually. Not only is he an expert in working with children, but his dedication to helping and educating the parents is what he believes makes all of the difference in helping adolescents with ADHD. The book provides a framework for how parent-centered caregiving can be more effective than advice concerning medication, educational modifications, or behavior interventions. Dr. Lewis explains how parents have options, and they need to trust themselves to make the right choices when consulting with their child's doctors.

“Rather than choosing a recommended medical, educational, or behavioral treatment, parents are able to provide a multidisciplinary approach with emphasis on treating associated conditions of anxiety, family disruption, anger, learning disabilities etc.,” says Dr. Lewis.

Although ADHD is a common disorder, the diagnosis and treatment are complicated, making the framework for parents much harder than desired. ***Making Sense of ADHD*** addresses a number of these complications, from ADHD being complicated by educational, behavioral, or family problems, and more, including:

- Over diagnosing and over medicalizing normal variant behaviors

- The underlying causes of ADHD
- ADHD as it affects children through the lifespan from preschoolers, to adolescents, through adulthood
- The dangers of stimulant medication, including addiction, creating “zombies,” tic simulation, growth stunts, and other long term side effects
- Why to stop searching for simple answers or quick cures in alternative treatment
- ADHD is a brain-based medical disorder that requires a careful and complete diagnostic evaluation, the search for and treatment of associated emotional and education disorders and using a team approach under the coordination of the parent
- How children with autism might benefit from the treatment of ADHD
- The role that adverse childhood experiences worsen the effects of ADHD

“The ultimate goal of *Making Sense of ADHD* is to provide the parents with the tools to get their child on the right path and keep them there when they have so many problems at the same time,” adds Dr. Lewis. “If overwhelmed parents get lost and give up, what chance does the child have to find his way to his full potential? Success is not because of me, but of what the intelligence, character, commitment and ultimately the love of both the parent and their child with ADHD. I know it can be done because I see it day after day.”

JAMES M. LEWIS, MD is board certified in both Pediatrics and the subspecialty of Neurodevelopment Disabilities with training at Houghton College, SUNY School of Medicine at Buffalo, the University of Maryland Hospital in Baltimore, and the Children’s Hospital of Pittsburgh. He is currently a Professor of Pediatrics at the Joan C. Edwards School of Medicine at Marshall University in the Department of Pediatrics and has been working there for the past 15 years. Dr. Lewis sees approximately 150 new patients annually referred from other doctors. In addition to his philanthropic work surrounding homeless and foster children and ADHD, Dr. Lewis is a regular lecturer on ADHD and related problems to parents and professionals in the Tri-State Area of West Virginia, Kentucky, and Ohio and has presented posters at national meetings of the American Academy of Pediatrics (AAP), the Learning Disability Association, and the Pediatric Academic Research Society. He has published over 25 scholarly journal articles, book chapters, and scientific abstracts.

***Making Sense of ADHD: Overcoming the Unique Challenge* will be available at Indiebound, Amazon and wherever books are sold.**

HIGH TIDE PRESS publishes resources for human services organizations and professionals providing services and supports for persons with intellectual disabilities, developmental disabilities and learning disabilities. This includes expert resources for behavior health, leadership and management, fund development and training. HighTidePress.com/adhd

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