

Q: Is treatment effective? Why or why not?

A: Dr. Steve Pomedli, Manulife Group Benefits Medical Director, Cleveland Clinic Canada:  
“Treatment for ADHD is generally quite effective in addressing the core symptoms of this condition, and can help people get back to their usual functioning, and feel more in control of their day-to-day symptoms. There are a number of different approaches to therapy for adults with ADHD, though medications are often an important component of treatment. Just like in other conditions, finding the right medication and the right dosage can take some time in order to ensure a balance of positive impacts and minimal side effects. And, while medications are usually a mainstay of treatment, other approaches can be helpful as well, such as developing self-management skills and habits to improve emotional self-regulation, and can be supported through cognitive behaviour therapy.”