

# 5 Things to Rule Out Before an ADD/ADHD Diagnosis

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## Vision problems

Some people have a condition called "convergence insufficiency". It is a near-sight disorder and can go undetected, but can present like an attention disorder. Someone can have 20/20 vision and still have convergence insufficiency—which can affect how someone sees, reads, learns or works with things at a close distance. Standard eye testing won't pick up this problem, but an eye doctor can specifically test for convergence insufficiency if asked. Treatment ranges from prismatic eyeglasses to vision therapy (the most scientifically supported for success).

## Hearing Problems

Auditory function, filtering and processing problems can present as attention problems. If someone is unable to filter sounds and appropriately decipher instructions or what is said to them, it can appear as though they aren't paying attention. Getting a full hearing screening that includes a full audiogram and auditory processing test will help to determine whether there is a hearing problem interfering.

## Nerve Disruption

Although any misalignment along the spine can interrupt or distort the signals being sent up and down the spine, problems with the "Atlas" or C1 vertebrae is most often correlated to ADD/ADHD problems. Having a chiropractor x-ray and adjust the spine may correct this problem.

## Sleep Apnea

**YOU DON'T HAVE TO SNORE TO HAVE SLEEP APNEA!!!**

There is more than one version of sleep apnea, and they don't all result in snoring; but any form of sleep disruption can lead to an attention problem among other things. Any form of disrupted sleep should be investigated and corrected.

## Inappropriate settings

This is most common with children in a classroom environment they have difficulty managing; but could also apply to any aged person—especially gifted children and adults, who do not function using the same logic, reward base or rationale that non-gifted people use.

*These are just suggestions to help you get to the heart of your health and wellness challenges. If your issue is resolved using these tips... GREAT! Sometimes, the picture is more complicated. If you need additional assistance, let's talk.*