



What to Expect with ADHD Medication Treatment?

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What is a reasonable expectation of medication treatment outcomes for attention deficit hyperactivity disorder?

If you were to do extensive research on attention deficit hyperactivity disorder (ADHD) outcome studies, you would likely find [studies](#) that reference ADHD outcomes in terms of “symptom management” or “symptom reduction.” The problem with this symptom management model in mainstream psychiatry is that patients often experience ADHD symptoms even after medication treatment. In treating ADHD in traditional psychiatry, patients must learn to live with ADHD symptoms.

Is this symptom management approach really in your best interest? Is there a better approach you are not being told about in mainstream psychiatry? What if there was a more effective treatment approach to ADHD that addresses your symptoms with different types of ADHD medication prescription, helps prevent the recurrence of ADHD symptoms, and moves you from symptom management to wellness?

A more effective treatment approach than symptoms management is a wellness approach that looks at ADHD therapies from an [integrative approach](#) that treats ADHD with first-line prescription medications while also addressing important domains of lifestyle, body, and mind. It is important to understand that [symptoms of ADHD](#) (e.g., inattention, planning, organization, low motivation, distractibility) have an [environmental origin](#) too, which gives rise to the signs.

Unfortunately, suppose these ecological [causes of ADHD](#) are inadequately addressed. In that case, the patient is left managing their symptoms with little direction. The root cause of ADHD symptoms often goes unaddressed with a symptom management treatment approach.

An **integrative approach** can enhance the effectiveness of [stimulant medication treatment for ADHD](#) by helping the patient align their lifestyle, mind, and body with what they really want in their life. In our experience, when these areas of the patient's life align, patients get the most out of their prescriptions. In addition, we find that longer appointment times for medication management allow us to collaboratively address the patient's concerns to uncover the root cause of the patient's ADHD symptoms. This integrative approach is far more effective than the [traditional approach in psychiatry](#) of 15-minute symptom management visits that may not be in the patient's best interest.

What are the causes of ADHD?

Often, patients will come to us feeling exhausted at their job, stressed out, and having difficulty working from their office or home. Repeatedly, patients have tried more than one [first-line stimulant for ADHD](#) and [ADHD medicine for adults](#) and only received partial responses. Common problem areas for symptoms can include:

- Relationship issues
- Challenges with schedule
- Sleep habits
- Nutrition
- Trauma
- Left-limiting beliefs
- Disordered eating
- Unoptimized brain function

The reality is that each patient experiences unique challenges in work, school, and personal life, often contributing to their ADHD symptoms even with medication prescriptions.

How might a wellness approach improve your medication outcomes?

An integrative approach to medication management is likely to improve treatment outcomes because it is more comprehensive and goes beyond symptom management than traditional psychiatry. Sometimes medications do not address all of the underlying causes connected to [neurophysiology](#), such as [metabolic dysregulation](#), [immune system issues](#), [detoxification pathways](#), and [neurotransmitter imbalances](#).

ADHD cure includes an integrative approach that addresses additional causes of ADHD through specific tests and supplements you are unlikely to find in traditional symptom management psychiatry. Through medication management and evaluation, we help patients uncover the unique combinations of factors contributing to their ADHD symptoms. Through a more integrative approach to medication management, we have seen tremendous improvement in ADHD outcomes.

Regain Control of Your Life with Safe and Effective ADHD Medication Management

Perhaps you are still experiencing ADHD symptoms even with medications, or maybe you are considering which ADHD medications may be right for you. How does ADHD medication work with the integrative approach? The good news is that effective treatment approaches can be added to your medication treatment to enhance your outcomes greatly.

[Psychiatrists San Diego. Psychiatric Care NPS](#), offers online psychiatry to patients. We also accept [various insurances](#). Suppose you're looking for online ADHD medication management or ADHD prescription online. In that case, we offer a convenient online ADHD prescription and medication management. Our goal is to make receiving treatment as straightforward for you as possible.

To self-schedule for online prescriptions, we have made it easy and convenient to schedule below to get a second opinion from one of our highly experienced online psychiatry providers. We are happy to teach you everything you need to know about ADHD, including ADHD medication's side effects, safety, and efficiency.

During your appointment, your psychiatry provider will listen carefully to your concerns and collaboratively develop a treatment plan that moves you from symptom management to mental health wellness. You can schedule a consultation by calling 888-909-8676 or online through our [appointment form](#).

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