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Dear Reader,

Whether it comes as a surprise or is a confirmation of what you've long suspected, the ADD diagnosis can change your life. In this e-newsletter, you'll find what you need to know about ADD when you-- or your child--are just diagnosed.

Thanks for reading!

The editors of [ADDitude](#)

## Just Diagnosed?

### [After the Diagnosis](#)

For most people, a diagnosis brings a cathartic sense of relief, and the promise of a better life.

### [The AD/HD Road Map](#)

From the Aha! moment to effective treatment, here's what you should know about your child's diagnosis.

### [Stimulant Strategies](#)

The must-know rules to make meds work.

**PLUS:** Print out this worksheet to [find a doctor or therapist who works for you](#).

### [Personal Journey](#)

#### [The Dinner Date That Changed My Life Forever](#)

A man I barely knew made the diagnosis--and prompted me to finally do something about it.

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### \* Keep up with the latest ADHD Research! \*

Attention Research Update is an online newsletter that helps over 35,000 parents, professionals, and educators keep up with latest ADHD research findings. It is written by Dr. David Rabiner, a Senior Research Scientist at Duke University and past member of CHADD's Professional Advisory Board. You can learn more--and sign up for a free subscription--by visiting [helpforadd.com](http://helpforadd.com).



Subscribers should begin receiving the Oct/Nov issue of *ADDitude* soon.

Here's what's inside:

- Mom-tested solutions for everyday ADD dilemmas
- 3 Simple Steps for Getting Everything Done
- No-Hassle Grocery Shopping
- Special Report: ADD & depression
- Seven Keys to Making Behavior Modification Work

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