



Questions To Ask Your Doctor

Ask Questions

When it comes to your health, it is important to address your concerns with your doctor. Write down any questions you may have in advance. Here are some questions you may want to ask your doctor.

Getting Diagnosed

1. What can I expect if I go to a psychologist, psychiatrist, or another healthcare professional to discuss my symptoms?
2. Could my symptoms be related to a mental health condition other than ADHD?
3. If my children have been diagnosed with ADHD, how likely am I to have it?
4. If one of my brothers or sisters have ADHD, how likely am I to have it?

Management Strategies

1. What types of management strategies are available in Canada?
2. Based on how my symptoms are affecting my life (e.g. at school, at work, at home), which management strategies should I consider?
3. What should I keep in mind when I am selecting a management strategy?

Living With ADHD

1. Where can I find emotional support for myself and my family?
2. Could I have passed ADHD to my children?