



May 2010 Newsletter

ADD-ADHD CYPRUS JOINS ADHD EUROPE!

May was the month that ADD-ADHD Cyprus officially was accepted into the ADHD-Europe family. Chairman Irene Ioannidou, and Founder and Executive Director Sue Chrysostomou flew to the 2010 ADHD Europe AGM and presented their ADHD association to the General Assembly for the final acceptance in the process of application. Members from all over Europe met in Paris this year from May 7-9, to discuss various aspects in health and education at a European level and administrative topics on how to best develop the relatively new organisation that will advocate on behalf of all of Europe. For further information on other associations in Europe visit www.adhdeurope.eu

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DATES FOR YOUR DIARY!

“Οι Γονείς
Εκπαιδεύονται”

Saturday 29th May, 2010 at
Latsia Municipality,
Nicosia.
www.paidiatros.com

ADD-ADHD CYPRUS
Annual General Meeting on
Friday 25th June, 2010

ADHD Walk-in Centre, 9
Stavraetou, Strovolos,
NICOSIA 22446592

ADHD NORWAY & ADHD ICELAND STUDY TRIPS

Relationships with both the ADHD associations in Norway (ADHD Norge) and Iceland (ADHD samtökin) have been developed and enriched through the support of a grant from Iceland, Liechtenstein and Norway through the European Economic Area (EEA) Financial Mechanism and the Norwegian Financial Mechanism and from the Republic of Cyprus. Our partnership began at our 2nd AD/HD Conference “Accepting & Managing AD/HD” in March 2010, and will be strengthened at our planned study trips to Norway in June and Iceland in August. These trips are in order for us to learn good practice in the social welfare and justice fields as well as education and health. We have invited the ADHD experts of these two organisations to join our Prof/Advisory Boards.

ADD-ADHD Cyprus Answers Your Questions

Q: Will fish oils help my AD/HD child's concentration?

A: Although there is some evidence that imbalances or deficiencies of omega-3 and omega-6 fatty acids can contribute to learning difficulties such as AD/HD (see articles like Fatty Acids in Dyslexia, Dyspraxia, ADHD and the Autistic Spectrum—An Overview from Food and Behavior Research, www.fabresearch.org), there is little research to link dietary changes or dietary supplements to improved concentration. That said, there is no reason not to consider increasing your family's intake of omega-3 and omega-6 fatty acids, which are found in fish and seafood, some nuts and seed and green leafy vegetables. According to the American Heart Association, Omega-3, in particular, will benefit the hearts of health people and those at risk for cardiovascular disease (www.americanheart.org). As always, check with your pediatrician before making any dietary decisions related to your child.



The American Heart
Association recommends
eating fatty fish at least two
times a week

Send your questions to questions@add-adhd.org.cy

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call +357-22-446592.

