

MEDIA RELEASE

FOR IMMEDIATE RELEASE

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STUDY ON USING TRADITIONAL CHINESE MEDICINE (TCM) TO TREAT ADHD IN CHILDREN

1. The Institute of Mental Health (IMH) and Science Arts Co Pte Ltd will embark on a study, the first of its kind in Singapore, to assess the effectiveness of Traditional Chinese Medicine (TCM) in managing ADHD symptoms in children. The study will be carried out through a clinical observation.
2. The study is led by Dr Ong Say How, Consultant and Deputy Chief of Child and Adolescent Psychiatry, IMH, and Professor Wu Min from Science Arts, who possesses a doctorate in Traditional Chinese Medicine and is a Professor from Nanjing University, China.
3. Sixty children volunteers with ADHD will be recruited by Science Arts and treated by Prof Wu and her team of Chinese Physicians using a customised TCM preparation that is locally produced and approved by the Health Science Authority.
4. As a pre-requisite for participation in the study, the children must be diagnosed as having ADHD, between the ages of 6 to 12 years, and not be on any Western medication for ADHD. The children will attend a clinical interview by Prof Wu Min and her team of physicians and complete a series of psycho-diagnostic rating scales to determine their suitability and for a clean bill of health before they are included in the study.
5. The study will span six months and the participating children will be administered with the customised TCM preparation twice daily. They will be monitored and observed on a 3-monthly basis for any improvements in function and reduction of ADHD symptoms (such as

poor concentration, restlessness, and hyperactivity) using globally recognised clinical assessment rating scales.

6. The study, which will start in November 2009, will provide a platform to assess if TCM works in managing symptoms in children with ADHD. The study has been scientifically and ethically approved by IMH's Clinical Research Committee and the Domain Specific Review Board of the National Healthcare Group, which provides ethics review of research undertaken.
7. Dr Ong says, "There is increased recognition of the therapeutic effects of TCM in treating a multitude of acute and chronic medical conditions. With the current limitations in drug choices and side effects of Western medications for the treatment of ADHD, exploring alternative remedies is an obvious choice for children who suffer from ADHD. This drives us to work with the Chinese Physicians to study, in a scientific manner, a specific type of TCM medication that physicians have been using in China for some time to treat children with ADHD. Ultimately, patients would benefit from having more choices in treatment methods if TCM is shown to be effective".
8. ADHD is one of the most common disorders seen at IMH's Child Guidance Clinic. In 2008, about 800 children seen at the clinic were diagnosed with ADHD. ADHD is managed through a combination of behavioural therapy, educational intervention and, when appropriate, medication.
9. IMH and Science Arts Co Pte Ltd will be holding a public talk on ADHD on Saturday, 17 October 2009, from 3pm to 5pm, at the Science Arts Building, 150 MacPherson Building, Singapore 348524. Speakers include Dr Ong, who will speak on the signs and symptoms of ADHD and the use of Western medication, and Prof Wu Min, who will speak on the option of Traditional Chinese Medicine. This free talk is not a platform to recruit candidates for the study but will serve as an informative session for parents of children with ADHD. For enquiries on the public forum this Saturday, please call 6744-2651

For media enquiries, please contact:

Ms Susan Ding
Assistant Manager, Corporate Communications
Institute of Mental Health
Email: susan_hs_ding@imh.com.sg
DID: 6389-2827
HP: 9826-8320

About IMH

The Institute of Mental Health/Woodbridge Hospital (IMH/WH) is the only tertiary mental health centre in Singapore. It offers a multi-faceted and comprehensive range of psychiatric, rehabilitative and counseling services to meet the needs of three groups of patients – children and adolescents, adults and the elderly. IMH also runs mental health education programmes for the general public. These programmes aim to promote mental wellness and raise awareness of the importance and benefits of prevention, early detection and treatment of mental disorders.

About Science Arts

Science Arts Pte Ltd is a holistic home grown Traditional Chinese Medicine (TCM) company with 40 years of history. Besides being a manufacturer and distributor of TCM products, the company also provides one-stop healthcare services which are supported by a team of experienced Chinese Medical Practitioners. Science Arts offers a wide range of consultation and services, with a mission to provide quality healthcare products and services to the public.