March is Mental Retardation Awareness Month. The goal of this is to bring awareness to those suffering from mental retardation and other permanent developmental disorders.

Definition:
- Mental Retardation is a diagnosis that occurs before age 18 that leads to lower than average IQ scores for the patient’s age group when compared to their peers.

Quick Facts:
- Is often times diagnosed in infancy or early childhood.
- It is estimated that 1-3% of the general population has this kind of disability.
- Currently the preferred term to use when describing someone with this kind of disability is **Intellectual Disability**.
- Diagnosis is usually done with a standard IQ test and usually requires two separate tests in order to confirm diagnosis. The generally used cut off is an IQ 70-75 or below.
- There are not many treatment options for this kind of disability.

Causes:
- Not well known, it can include: injury, infection, genetic abnormalities, toxins, nutritional problems, and environmental factors.

Common Symptoms:

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<tr>
<th>Lack of Curiosity</th>
<th>Not Meeting Demands of School</th>
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<tr>
<td>Childish Behavior</td>
<td>Decreased ability to learn</td>
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Early and Accurate Diagnosis is important. Due to some of the causes of this disability, people can have behavioral issues as well. Behavior modification used in conjunction with a slower learning pace to try to help these patients. Those with Intellectual Disabilities are also at risk to have other psychological disorders as well. ADHD, Self-injurious behavior, and other psychiatric issues may also be present in this patient population.

More Information & potential support available at:
- [http://www.aamr.org/](http://www.aamr.org/)