



# HEALTH AWARENESS

## ADHD: It's Not Just About Kids—Adults Have it Too

(NAPSA)—According to new research, attention-deficit/hyperactivity disorder (ADHD), a condition largely known to affect school aged children, is also having a very real affect on the adult population.

The research, released by pharmacy benefit manager Medco Health Solutions, Inc., found that the number of younger adults—age 20 to 44—taking an ADHD medication doubled from 2000 to 2004 and that it's an issue for both men and women. The report also found that while ADHD medication use in children is two to three times as high among boys than girls, use of the medications is equal between adult men and adult women.

"We're now beginning to recognize that many children don't outgrow ADHD but continue to show symptoms into their adult years," said Dr. Patricia Quinn, director of the National Center for Gender Issues and ADHD, and professional advisor to Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD). "Untreated, this disorder can have terrible consequences for adults in terms of their home and work life—with job loss and divorce being common outcomes."

Dr. Quinn offers the following advice to help adults identify the symptoms and get the proper diagnosis and treatment for ADHD:

- **Know The Symptoms:** Having persistent trouble staying organized and focused on the task at hand, frequently feeling overwhelmed and often procrastinating are telltale signs of adult ADHD. While men tend toward impulsive and hyperactive behaviors, women often suffer from depression and anxiety and are frequently misdiagnosed and treated for those conditions instead of ADHD.

- **Duration And Degree Are What Matters:** You can't develop ADHD as an adult; symptoms must start in childhood but may



go undiagnosed, especially in girls. While many people exhibit some ADHD behaviors some of the time—it's a matter of degree; an ADHD diagnosis is based on the severity of the problem and how it affects your ability to function.

- **Don't Ignore The Signs:** Adult ADHD is a real disorder and can be effectively managed when properly diagnosed and treated. A combination of medication and counseling is usually necessary. ADHD medications can be very helpful but job, marriage and psychological counseling may also be needed to help develop important life skills.

- **Use ADHD to Your Advantage:** While living with ADHD is a challenge, it can also be an asset when properly managed and matched with the right job. Being hyperactive can translate into high energy and drive, daydreamers are often creative thinkers and impulsive types can be good risk-takers and effective in a crisis. The key is to choose the right career and work environment to make ADHD an advantage on the job rather than a disability.

For more information about adult ADHD, visit the Children and Adults with Attention-Deficit/Hyperactivity Disorders Web site at <http://chadd.org> or [www.ncgiadd.org](http://www.ncgiadd.org), which features information on girls and women with ADHD. For more information on the report, log on to [www.medco.com](http://www.medco.com).