



Health Bulletin



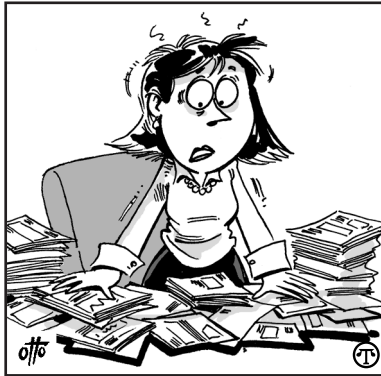
New Research Shows Diagnosis And Treatment For Adult ADHD Is On The Rise: One Man's Story Shows How Proper Diagnosis And Treatment Can Help Adult Sufferers

(NAPSA)—More and more, adults with Attention-Deficit/Hyperactivity Disorder (ADHD) are seeking diagnosis and treatment. A new nationwide study showed that, for the first time, the diagnosis and treatment of ADHD have grown at a much faster rate among adults than among children. The research found that the number of adults (ages 20 to 44) being treated with ADHD medications more than doubled from 2000 to 2004.

Adults and children with ADHD share similar core symptoms such as inattention, impulsivity and hyperactivity. Without treatment, ADHD can greatly affect individuals and their families. For adults, ADHD can cause problems in relationships and at work; it can even have a negative effect on parenting.

Like many people who are diagnosed with ADHD as adults, Tim Dickinson experienced years of frustration and disappointment without knowing how to get help. At the age of 24, Tim was relieved to learn that the symptoms that had caused him distress for so many years were really ADHD. He could finally put a name to the challenges he struggled with since grade school.

When Tim was diagnosed with ADHD, his wife, Robin, was surprised. "I hadn't realized adults could have ADHD," she said. "We knew that there was something



An increasing number of grown-ups are getting help with what was once thought a childhood condition.

not quite right, but I didn't suspect that Tim had ADHD because I didn't realize adults could have it."

Researchers estimate that ADHD affects four percent of adults. Many people who are diagnosed as adults say that, like Tim, they struggled as children.

"All my life, I've had problems just being on time, remembering things, staying on task," Tim recalled. "I know that most people have difficulty with these things from time to time, but for me the problems were constant and they affected every aspect of my life."

By the time Tim was diagnosed he had dropped out of college. At work he had difficulty keeping track of projects and managing his

time and he often changed jobs. ADHD also affected Tim's home life and his relationship with his wife. Because of all the challenges linked to his ADHD, he felt that he didn't have anything that he could be proud of in his life.

After being diagnosed with ADHD, Tim began treatment with Focalin XR™ (dexamethylphenidate HCl) extended-release capsules, a new, once-daily medication approved to treat ADHD in adults, adolescents and children. After starting treatment, Tim and Robin noticed immediate improvements.

"He was doing better at work. He was getting home on time. He was spending quality time with me. He enrolled in a college course. He's gone back to college, and now he's getting A's," said Robin. "It's just been wonderful."

The Dickinsons have continued to notice the positive effect that appropriate diagnosis and treatment have had on their lives. Not only is Tim more organized and motivated, but his self-confidence has improved dramatically. "Being able to accomplish things that I struggled with for years has given a tremendous boost to my self-confidence and to my whole outlook on life."

For more information about ADHD, visit www.ADHDInfo.com. For more information about Focalin XR, visit www.FocalinXR.com.

Note to Editors: Focalin XR is indicated for the treatment of ADHD in patients aged 6 years and older. Focalin XR is indicated as an integral part of a total treatment program for ADHD that may include other measures (e.g., psychological, educational, social) for patients with this syndrome. Like most drugs approved for the treatment of ADHD, Focalin XR is contraindicated in patients known to be hypersensitive to the drug or to methylphenidate, in patients with glaucoma, and in patients with motor tics or with a family history or diagnosis of Tourette's syndrome. It is also contraindicated during treatment with monoamine oxidase inhibitors and also within a minimum of 14 days following discontinuation of a monoamine oxidase inhibitor (hypertensive crises may result). In addition, like most drugs approved for the treatment of ADHD, Focalin XR is a schedule II drug and should be given cautiously to patients with a history of drug dependence or alcoholism.

For the full prescribing information, please visit <http://www.pharma.us.novartis.com/product/pi/pdf/focalinXR.pdf>.