



# WOMEN'S HEALTH

## Treating ADHD In Women And Girls

(NAPSA)—New types of services have made it easier for women and girls with ADHD (Attention Deficit Hyperactivity Disorder) to treat their conditions.

The news is significant because 7.5 percent of school-aged children and 4.5 percent of all adults are thought to have hyperactivity disorder, but that number could be higher because it's believed many women with the condition go undiagnosed.

Such was the case for Quita Remick of suburban Washington, DC. Remick found out eight years ago what more and more women are learning. Her disorganization, inability to focus, sense of perpetual chaos and social difficulties were not due to some defect in her personality but to a chemical dysfunction in her brain—ADHD.

According to Patricia Quinn, M.D., Executive Director of the National Center for Gender Issues and ADHD, girls often don't get diagnosed because ADHD can look quite different in females than in males. Because ADHD is usually a lifelong disorder, how it manifests itself and how it's handled throughout a woman's life stages can differ, adds Dr. Quinn.

Remick's story, as well as the experiences of other women and girls diagnosed with ADHD, is featured in the National Women's Health Resource Center's (NWHRC) issue of the *National Women's Health Report*, "ADHD & Women's Health." The publication also deals with the following:

- It describes some of the latest ADHD research and how it applies to girls.



**It's important for women and girls with ADHD to seek help.**

- It gives details on the latest ADHD medication therapy and other treatment strategies to help women and girls cope with the disorder.
- It offers insight on how ADHD affects women at different life stages and how symptoms may be affected by puberty, pregnancy, PMS, and menopause.
- It outlines lifestyle tips that women with ADHD can use to get organized and feel less overwhelmed by their day-to-day routines.
- It lists organizations and books to use as resources.

The NWHRC is the nation's leading independent, nonprofit organization specifically dedicated to educating women of all ages about health and wellness issues. For more information or to order a free copy of "ADHD & Women's Health" call toll-free 877-986-9472 or visit [www.healthywomen.org](http://www.healthywomen.org).