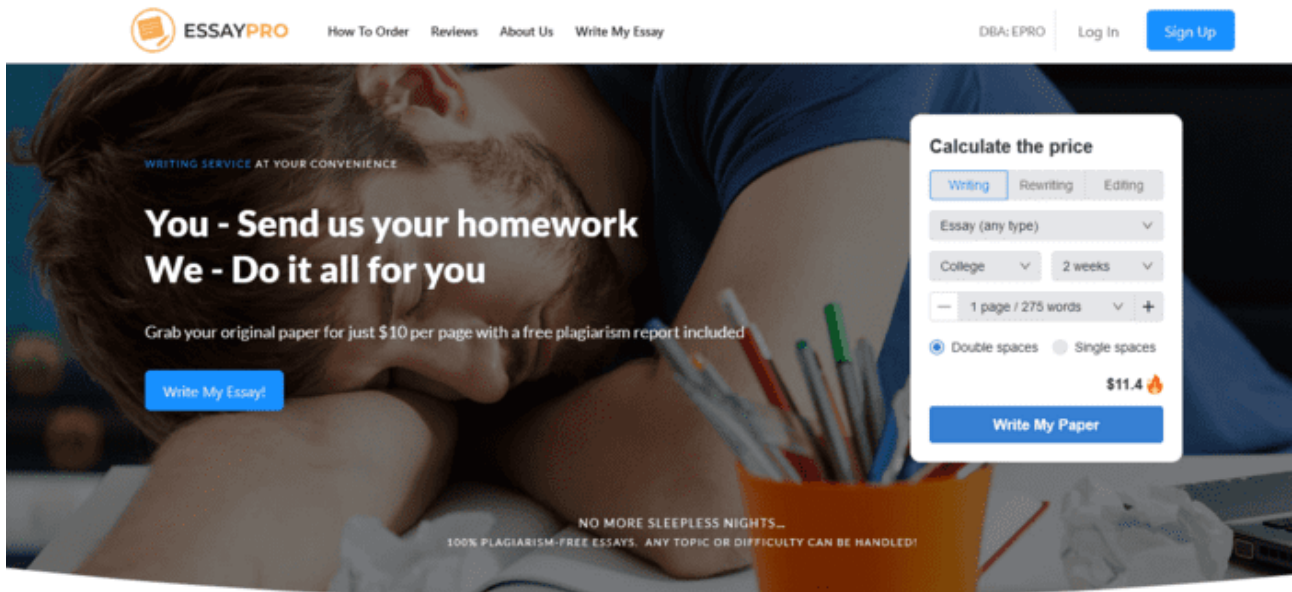


Not Just Your Kid's Problem: Adult ADHD



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Not Just Your Kid's Problem: Adult ADHD

Attention Deficit/Hyperactivity Disorder (ADHD). Everyone has heard of it. A few years ago every newspaper and weekly magazine had a feature about the disorder. The disorder was mostly associated with school-aged children because that was the time when most of the symptoms surfaced. Today ADHD is the most common behavior disorder diagnosed in children and teens. ADHD refers to a group of symptoms that begin in early childhood and can continue into adulthood, causing difficulties at home, at school, at work, and within the community if not recognized and treated (1). But what most people never hear was that ADHD also affects adults and if left untreated can have serious effects.

ADHD is a condition that makes it difficult for children and adults to pay attention, control their activity level and limit their behavior in age appropriate ways (2). Inattention is the most common symptom. In [addition](#) to having difficulty paying attention, people with this ADHD symptom often are unable to consistently focus, remember, and organize. They may be careless and have a hard time starting and completing tasks that are boring, repetitive, or challenging., impulsiveness and hyperactivity. With impulsivity, people who frequently act before thinking may not make sound judgments or solve problems well.

They may also have trouble developing and maintaining personal relationships. An [adult](#) may not keep the same job for long or spend money wisely. A hyperactive child may squirm, fidget, and climb or run when it is not appropriate. These children often have difficulty playing with others. They may talk a great deal and not be able to sit still for even a short time. Teenagers and adults who are hyperactiv...

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...cure for ADHD but there is treatment. Treatment ranges from therapy to medication.

Adults with untreated ADHD have been found to be more likely to have a substance abuse problem, which makes some people edgy about taking a controlled substance such as Ritalin because when used incorrectly can become addictive. However, when taken properly, medication can prove very helpful, allowing a person to concentrate on activities and be more productive. Therapy is especially helpful for adults in relationships because it allows them to bridge the gap in communication.

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