



HEALTH AWARENESS

Understanding Adult ADHD. Take The First Step. Get Screened.

(NAPSA)—Learning about adult Attention-Deficit/Hyperactivity Disorder (ADHD) may help people better recognize the condition in family members, friends, and even themselves.

Adult ADHD includes symptoms such as the inability to concentrate and sustain focus, disorganization, restlessness, difficulty finishing projects, and losing things. Sound familiar? Consider,

- ☐ Do you often lose track of time when you have a deadline, sometimes missing it completely?
- ☐ Are you having trouble organizing the demands of your home and work life?
- ☐ Do you often feel like you're not living up to your full potential?

Everyone struggles with relationships, organization and deadline issues once in a while, but for the estimated 8 million Americans with adult ADHD these are constant, daily battles that started in childhood.

Eighty percent of adult sufferers are undiagnosed. If you think you may be one of them, take a simple six-item screener at ADHD.com. Then talk to your doctor for a full evaluation. It may change your life.

For more information on ADHD and Adult ADHD, visit ADHD.com or contact the National Attention Deficit Disorder Association (ADDA) at 1-484-945-2101, or add.org.

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Attention Deficit Disorder Association

The World's Leading Adult AD/HD Organization