

Adult Attention Deficit Disorder (ADHD or ADD)

Overview

- ADHD is a medical condition that involves chemical changes in the brain.
- ADHD in adults is common if it was present as a child
- Stimulant medications can help, but side effects are common
- CBT and coaching can help
- Physical exercise and sleep are important

ADHD is in the brain

Attention problems are very common, but it is not always a disease.

ADHD has chemical changes in the brain.

- It is often familial
- It had to start as a child or adolescent
- Problems with organization
- Distractibility and restlessness
- Memory difficulty
- Worse with stress
- Sometimes, there are additional psychological conditions

Checking for ADHD

- A doctor's examination is needed to check for neurological disease.
- A questionnaire for symptoms
- Sometimes, cognitive assessment is needed

Causes of ADHD

- Usually, the cause of migraine is genetic

Treating ADHD

- Medications can help with some symptoms

- Stimulant medications like Ritalin are the most common
- Short-acting and long-acting forms are used

Medication Side Effects

- Side effects are common, including:
 - Loss of appetite
 - Mood swings
 - Irritability
 - Sleep difficulty
 - Anxiety

Non-drug Treatments

- Cognitive Behavioral Therapy (CBT) works
- Psychotherapy can help with self-esteem problems
- Coaching can help with life organization

ADHD Health Habits

- ✓ Keep regular sleep hours.
- ✓ Eat regular meals with good nutrition.
- ✓ Exercise regularly.
- ✓ Make sure to take medications as prescribed.
- ✓ Use diaries and reminders to help organize your appointments
- ✓ Lists can help you remember.

For more information, visit
<https://www.webmd.com/add-adhd/guide/adhd-adults#1>.