



# October Is National **ADHD Awareness Month**

**Attention Deficit Hyperactivity Disorder, known as ADHD, is a medical condition that affects how the brain works.**

## **ADHD Can Take Many Forms**

People with ADHD may be challenged with inattention, hyperactivity and impulsivity.

**All people with ADHD have symptoms:**

- Before age 12
- In at least two different settings, such as at home and in school
- That interfere with everyday activities

Most people with ADHD have issues with attention, organization and planning out tasks. Other symptoms can vary.



## **Children with ADHD may:**

- Be disorganized
- Blurt out answers
- Daydream
- Fidget or squirm
- Frequently lose things
- Get distracted
- Have difficulty taking turns
- Make simple mistakes
- Talk a lot

## **Adults with ADHD may:**

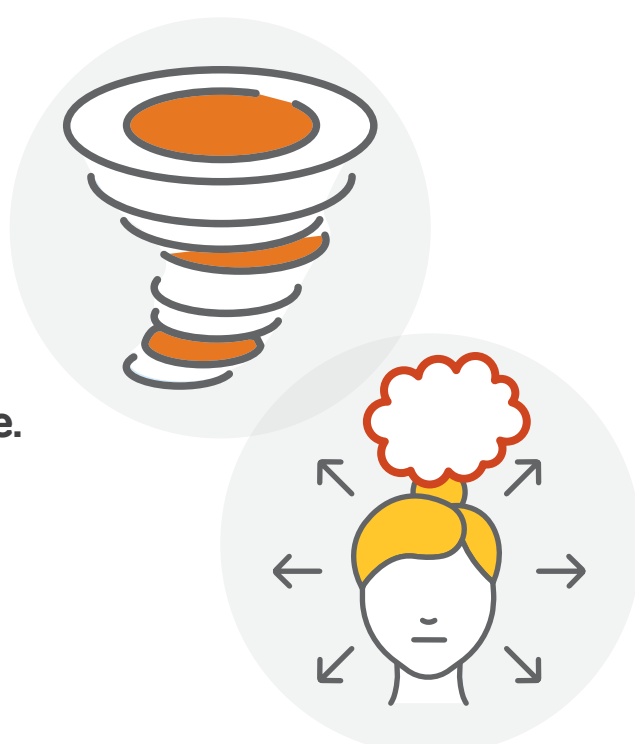
- Have a cluttered home
- Hyperfocus
- Interrupt others
- Misplace needed items
- Not be able to focus
- Procrastinate
- Require extra time to shift attention
- Start projects, but not finish them
- Struggle with deadlines



## **Gender and ADHD**

During childhood, boys are more likely to be diagnosed with ADHD than girls. **However, the gender gap shrinks during adulthood.**

**ADHD in girls often goes unnoticed until later in life.** Boys are more likely to have distracting hyperactive symptoms. Girls are more likely to show less disruptive symptoms, such as daydreaming.



## **Treatments for ADHD**

The Weill Cornell Specialty Center provides each person with an individualized treatment plan tailored to their needs. The person's plan may involve behavioral therapy, evidence-based treatments and pharmacotherapy.

Get treatment for ADHD by visiting [weillcornell.org/services/psychiatry](https://weillcornell.org/services/psychiatry) or calling (646) 962-2820