



## Attention Deficit Hyperactivity Disorder (ADHD) in Adults



### Overview

If you're an adult and you have trouble paying attention and controlling your actions, you may have ADHD. It's a problem that begins when you're a child and continues throughout your life. But because the symptoms of ADHD may go unrecognized for years, you may not be diagnosed until you are an adult. ADHD can hurt your relationships and your career.

### Causes

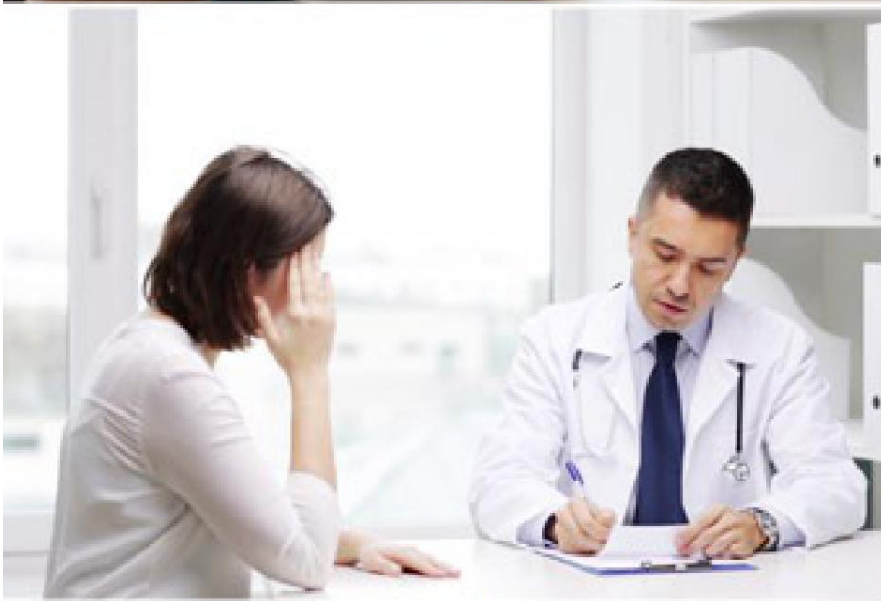
We don't know what causes ADHD. It may be linked to your genes, or to some problem that happened during your development. It may be linked to something around you.

### Symptoms

With this disorder, it's hard for you to focus and complete tasks. You don't manage time well, and when you have many things to do it's hard for you to figure out which is the most important. People may say that you aren't organized or responsible. You don't handle stress very well. You may anger easily, and you may have frequent mood swings. And you may do impulsive things that get you in trouble.

### Treatment

Adult ADHD can be managed with medications and counseling. If ADHD hurts your relationships with loved ones, you and your loved ones may be helped by going to therapy together. Your healthcare provider will create a care plan that's right for you.



Actor portrayals in photos

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