

The Memory Practice

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Newsletter

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In this issue Dr. Michelon tells you about ... *adult AD/HD*.

At The Memory Practice we develop brain exercises to help adults boost their memory and keep their brain fit.

Our brain exercises are scientifically developed, stimulating and fun.

Discover our Home Program:

- Brain exercises sent directly at home (no computer needed)
- Regular feedback from Dr. Michelon

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Adult AD/HD in the workplace

5 to 8% of school age children seems to be affected by Attention Deficit / Hyperactivity Disorder (AD/HD).

Have you ever wondered what happen to these children...? As many as 60% of them become adults presenting AD/HD symptoms!

What is AD/HD?

AD/HD is a disorder of the brain. It is to a large extent genetic, that is it tends to run in families. However, AD/HD is a complex disorder and other causal factors may be at play. Typically, the symptoms arise in early childhood.

Symptoms of inattention

- * Difficulty paying attention to details and sustaining attention

- * Does not appear to listen
- * Difficulty with organization, instructions, and sustained mental effort
- * Loses things
- * Is easily distracted
- * Is forgetful in daily activities

Symptoms of hyperactivity

- * Fidgets with hands or feet
- * Difficulty engaging in activities quietly or staying seated
- * Acts as if driven by a motor
- * Talks excessively
- * Difficulty waiting
- * Interrupts or intrudes upon others

Before you start thinking "I knew it, I have AD/HD!"... Note that for an adult to be diagnosed with AD/HD, the symptoms must persist from childhood and create significant difficulty in at least two areas of life, such as home, social settings, or work.

AD/HD in the workplace

Recently, **Ron de Graaf and colleagues (2008)** screened for AD/HD 7075 18-44 year-old workers in 10 countries (Belgium, Columbia, France, Germany, Italy, Lebanon, Mexico, Netherlands, Spain, and United States). This was done in ten national surveys in the WHO World Mental Health Survey Initiative.

3.5% of the workers turned out to have AD/HD. Most of them were undiagnosed. In the US, the percentage increased to 4.5%.

ADHD was more common among men than women and more common in developed than developing countries.

The loss of concentration caused by AH/HD can affect work performance a lot. Indeed, workers with AD/HD spent more than 22 fewer days per year working compared with non-AD/HD workers....