



MAY IS MENTAL HEALTH AWARENESS MONTH

# ADHD: Can a Never-Diagnosed Adult Have ADHD?

*Most people have heard the term ADHD (Attention-Deficit/Hyperactivity Disorder) because it is one of the most common childhood neurodevelopmental disorders. However, adults can—and do—have ADHD.*

Could an adult who was never diagnosed with ADHD as a child have Attention-Deficit/Hyperactivity Disorder? Yes. Many who are diagnosed as adults seek medical attention because of symptoms which interfere with their ability to effectively do their jobs.

Often, adults with ADHD do not exhibit the same symptoms of hyperactivity and impulsiveness as children with the condition, although men are more likely to have some of the same symptoms, such as restlessness, fidgeting, or risk taking. Women can also show these, but are more likely to show inattentiveness. ADHD symptoms fluctuate significantly during a lifetime, with impulsivity and hyperactivity often giving way to disorganization and emotional dysregulation over time. Below are some of the symptoms of ADHD in adults:

- inattention to detail, making careless mistakes.
- inability to stay on-task at work and/or at home, often beginning projects but not completing them.
- procrastination and struggling with deadlines.
- disorganized – problems with time management and missed deadlines.
- a short attention span. Easily distracted--inability to stay focused during work or in conversations.
- forgetful – forgetting to pay a bill, go to an appointment, or return an important phone call.
- often in constant motion and seem to have excess energy.
- periodically become hyper focused on a task, like being “driven by a motor” to complete it.
- talking incessantly or interrupting others, or blurting out answers before questions are completed.
- short tempered, inability to cooperate, or periods of being highly argumentative.
- daydreaming during a meeting, lecture, or conversation.
- frequently misplacing items like keys, phone, or wallet.

Sometimes adults may not seek treatment because of a perceived stigma around an ADHD diagnosis, but ADHD in adults that goes untreated can lead to unfavorable outcomes such as

- frequent job changes/loss of employment.
- problems maintaining social relationships.
- marital problems.
- increased risky behavior.
- low self-esteem, psychological, and mood disturbances.

**10.5  
MILLION  
ADULTS**  
in the US exhibit  
symptoms of ADHD.

Less than  
**20%**  
of adults with  
ADHD are treated.

People with ADHD  
tend to prioritize  
tasks according to  
**EMOTIONAL  
IMPORTANCE.**

Sources:  
National Institute of Mental Health (NIMH)  
ADDitudemag.com



## Adults with ADHD, Continued

That said, many people with ADHD are highly driven and are often leaders in their fields and organizations. Some of the positive benefits and attributes of ADHD are:

- being energetic, spontaneous and creative or inventive.
- when passionate about a goal, ADHD energy drives performance and productivity.
- having great empathy, and a willingness to help others.

ADHD is a lifelong condition that cannot be cured, but can be very effectively managed with medication, combined with exercise and proper nutrition. Diagnosis of ADHD should be done by a medical doctor qualified to diagnose ADHD. If you suspect you may have ADHD, consult with your primary care physician, who can refer you to a professional for testing. There are also resources available online to assist you in locating a professional to administer an adult ADHD test.

# air fryer SWEET POTATO FRIES

*Craving something sweet that doesn't max out your sugar intake for the day? Check out these air fryer sweet potato fries! Fast, easy, and delicious, they'll fit the bill!*

**PREP TIME: 10 MINUTES**

**COOK TIME: 30 MINUTES**

**YIELD: 4 SERVINGS**

### INGREDIENTS

2 sweet potatoes,  
peeled and cut into fries  
1 tablespoon olive oil  
1 teaspoon corn starch  
1 teaspoon garlic powder  
½ teaspoon onion powder  
½ teaspoon oregano  
½ teaspoon paprika or  
chipotle chili powder  
1 tablespoon coconut sugar  
or brown sugar  
Sea salt, to taste

### INSTRUCTIONS

- 1 Place your peeled and cut fries into a large bowl and soak them in cold water for about an hour, which helps make them crispy.
- 2 Drain the sweet potatoes, pat dry, and add to a large plastic sealable bag. Add in cornstarch and shake until sweet potatoes are lightly dusted—make sure there are no clumps.
- 3 Transfer sweet potatoes to a large bowl and drizzle with olive oil. Mix remaining ingredients and sprinkle into the bowl, tossing well making sure each of the sweet potatoes are well coated.
- 4 Preheat air fryer to 380 degrees F.
- 5 Cook in 2 or 3 batches, depending on the size of your basket (without overcrowding the pan) for 12 to 13 minutes turning them halfway, until the sweet potato fries are crispy.
- 6 Sprinkle with sea salt and enjoy!

