Late Onset ADHD – Young Adults Are Developing ADHD, Shows New Study

ADHD, Attention Deficit Hyperactivity Disorder, is making the news again. No it is not another plea to stop medicating children, and it's not another argument about how normal children can't or shouldn't be expected to sit still in a classroom. The current news is that young adults with no prior history of ADHD are now being diagnosed with the disorder.

ADHD Diagnostic Criteria

The following is the current CDC diagnostic criteria for Attention Deficit Hyperactivity Disorder (ADHD). The CDC uses the DSM V (Diagnostic and Statistical Manual V – the diagnostic manual for mental health professionals). ADHD diagnosed as follows:

Inattention: **Six or more symptoms of inattention** for children up to age 16, or five or more for adolescents 17 and older and adults; symptoms of inattention have been present for at least 6 months, and they are inappropriate for developmental level:

- Often fails to give close attention to details or makes careless mistakes in schoolwork, at work, or with other activities.
- Often has trouble holding attention on tasks or play activities.
- Often does not seem to listen when spoken to directly.
- Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (e.g., loses focus, side-tracked).
- Often has trouble organizing tasks and activities.
- Often avoids, dislikes, or is reluctant to do tasks that

require mental effort over a long period of time (such as schoolwork or homework).
- Often loses things necessary for tasks and activities (e.g. school materials, pencils, books, tools, wallets, keys, paperwork, eyeglasses, mobile telephones).
- Is often easily distracted.
- Is often forgetful in daily activities.

Hyperactivity and Impulsivity: **Six or more symptoms of hyperactivity-impulsivity** for children up to age 16, or five or more for adolescents 17 and older and adults; symptoms of hyperactivity-impulsivity have been present for at least 6 months to an extent that is disruptive and inappropriate for the person's developmental level:

- Often fidgets with or taps hands or feet, or squirms in seat.
- Often leaves seat in situations when remaining seated is expected.
- Often runs about or climbs in situations where it is not appropriate (adolescents or adults may be limited to feeling restless).
- Often unable to play or take part in leisure activities quietly.
- Is often "on the go" acting as if "driven by a motor".
- Often talks excessively.
- Often blurts out an answer before a question has been completed.
- Often has trouble waiting his/her turn.
- Often interrupts or intrudes on others (e.g., butts into conversations or games).

In addition, the following conditions must be met

- Several inattentive or hyperactive-impulsive symptoms were present before age 12 years.
- Several symptoms are present in two or more setting, (e.g., at home, school or work; with friends or

relatives; in other activities).
- There is clear evidence that the symptoms interfere with, or reduce the quality of, social, school, or work functioning.
- The symptoms do not happen only during the course of schizophrenia or another psychotic disorder. The symptoms are not better explained by another mental disorder (e.g. Mood Disorder, Anxiety Disorder, Dissociative Disorder, or a Personality Disorder)."

Late Onset ADHD

The late onset ADHD was found through a longitudinal twin study of 2232 children born in England and Wales from January 1, 1994 to December 4, 1995. Researchers found the following, "Among 166 individuals with adult ADHD, 112 (67.5%) did not meet criteria for ADHD at any assessment in childhood."

The actual cause of ADHD is officially unknown. If we stop being distracted by the myths associated with this disorder (that this it doesn't exist, that it is over diagnosed, etc.) and realize the significance of this new finding, we might see ADHD for what it is – a horrific and alarming result of our toxic lifestyle.

ADHD is a neurobehavioral disorder associated with both structural and chemical alterations in the prefrontal cortex of the brain. In other words, ADHD is a set of symptoms exhibited due to damage to the brain. Currently, 11% of American children are diagnosed with this disorder.

ADHD, autism, chronic autoimmune diseases, and a host of other diseases continue to rise along with the recommended number of vaccines and the daily chemical exposure we all experience through our environment and through our food. It's time we wake up, use our common sense, and stop poisoning our children and young adults.

Related Reading:

- *How To Detoxify and Heal From Vaccinations – For Adults and Children*
- *ADHD, Chronic Fatigue Syndrome, and Autism – What Do They Have in Common?*
- *Hypothyroidism – Natural Remedies, Causes, and How To Heal the Thyroid*
- *Doctors Against Vaccines – Hear From Those Who Have Done the Research*
- *The Power of Our Hormones and How To Balance Them*

Sources:

- *Evaluation of the Persistence, Remission, and Emergence of Attention-Deficit/Hyperactivity Disorder in Young Adulthood* – JAMA Psychiatry
- *Understanding the Neurobiological Basis of ADHD* – ADHD and You
- *Attention-Deficit / Hyperactivity Disorder (ADHD)* – CDC