

Health Highlights: ADHD in adults + spring allergies
Audio Version

INTRO:

DIAGNOSING A-D-H-D IN ADULTS – AND HOW TO TREAT THOSE PESKY SEASONAL ALLERGIES... BEFORE THEY TURN INTO SOMETHING MORE.

MATT SHEEHAN SHARES MORE IN TODAY'S HEALTH HIGHLIGHTS.

<<(WHEN IT STARTS TO WARM UP – SO DOES THE CONCERN FOR ALLERGIES.

ALLERGIC RHINITIS (**reh-NYE-tis**) – COMMONLY KNOWN AS HAY FEVER... IS A COMMON CONDITION IN KIDS... SAYS DOCTOR LUIS GARCIA... A PEDIATRICIAN WITH OSF HEALTHCARE. IT CAUSES SWELLING INSIDE YOUR NOSE AND IS TRIGGERED BY BREATHING IN THINGS LIKE DUST... POLLEN AND BACTERIA.

THE FIRST LINE OF TREATMENT IS TO AVOID TRIGGERS. KEEP YOUR HOME CLEAN WITH DOORS AND WINDOWS SHUT. IF YOU KNOW A DRY... DUSTY DAY IS COMING... STAY INSIDE. OTHER TREATMENTS INCLUDE FLUSHING YOUR NOSE WITH SALT WATER AND TAKING ANTIHISTAMINE MEDICATION. LEFT UNTREATED – ALLERGIES CAN CAUSE INFECTIONS... SLEEP ISSUES... AND OTHER MORE SERIOUS ISSUES.

TAKE SOT | DR. LUIS GARCIA | OSF HEALTHCARE PEDIATRICIAN

“We function as a whole. We always try to separate ourselves into different organs, and that’s simply not true. When one part of us is not working well, there is always something else affected.”

IF YOU SPEND TIME ON SOCIAL MEDIA – CHANCES ARE YOU’VE SEEN AN AD ASKING, “DO YOU HAVE A-D-H-D?”

THE ADS LEAD TO A SELF-DIAGNOSING QUIZ WHICH OFTEN PROVIDES MISCONCEPTIONS ABOUT ATTENTION DEFICIT HYPERACTIVITY DISORDER... OR A-D-H-D... BEFORE SOMEONE EVER SEES A MEDICAL PROFESSIONAL.

DOCTOR KYLE BOERKE (**BER-key**) WITH OSF HEALTHCARE – SAYS YOUR FIRST STEP IF YOU THINK YOU HAVE A-D-H-D IS TO SPEAK WITH A MEDICAL PROVIDER... WHO CAN HELP MAP OUT A PATH FORWARD.

TAKE SOT | DR. KYLE BOERKE | OSF HEALTHCARE

“Are adults being diagnosed with ADHD? Absolutely, yes. Is it that they are developing ADHD in adulthood, that’s a no. We know enough about the research, that in order to receive a diagnosis of ADHD, we have to have symptoms starting in childhood. Somewhere near 7 years of age.”

IF YOU’RE HAVING SYMPTOMS AS AN ADULT THAT APPEAR TO BE A-D-H-D ... SUCH AS LACK OF FOCUS... INABILITY TO SIT STILL... FIDGETING... OR EXCESSIVE TALKING... BUT YOU DIDN’T HAVE THESE SYMPTOMS AS A CHILD... DR. BOERKE SAYS YOU MAY BE EXPERIENCING SOMETHING ELSE LIKE DEPRESSION.

WITH TODAY’S HEALTH HIGHLIGHTS... I’M MATT SHEEHAN. >))