

Understanding the Symptoms, Causes, Complications & Risk Factors of ADHD

Serial entrepreneur turned investor; Mr. Hadar Swersky is the organizer founder of Smart Box Capital and the writer author of “Winning in business with ADHD”.



New York, New York City, Mar 31, 2021 ([Issuewire.com](https://www.issuewire.com)) - ADHD or Attention deficit hyperactivity disorder is a condition that affects the behavior of people. People with ADHD can appear impatient, might have problems concentrating, and might act on impulse. Symptoms of ADHD are noticed at an early age and might become clearer when a child starts school. The cases are usually diagnosed when kids are in the age group of 6 to 12 years old. The symptoms of ADHD typically get better with age, but most adults diagnosed with the condition at a young age carry on to experience issues.

Causes of ADHD

The exact cause of ADHD is not known, but the condition has been found to run in families. The factors that suggested as potentially having a role in ADHD are:

- having a low birth weight
- being born prematurely especially before the 37th week of pregnancy
- drug abuse or alcohol or smoking during pregnancy

ADHD can take place in people of any intellectual ability, even though it is more common in people with learning problems.

Symptoms

Some people with ADHD have lesser symptoms as they age, but some adults carry on having major symptoms that hinder daily functioning. In adults, the primary traits of ADHD may comprise obscurity paying attention, impatience, and recklessness. Symptoms can differ from easygoing to ruthless.

Most adults with ADHD are unaware they have it as they only know that daily tasks can be difficult. Adults with ADHD might find it hard to pay attention to and prioritize, resulting in forgotten meetings, missed deadlines, or social plans. The failure to control impulses can vary from eagerness waiting in line or driving in traffic to outbursts of anger and mood swings.

Adult ADHD Symptoms may Comprise:

- Disorganization and problems prioritizing
- Impulsiveness
- Problems focusing on a task
- Poor time management skills
- Trouble multitasking
- Poor planning
- Excessive activity or restlessness
- Low frustration tolerance
- Problems following through and completing tasks
- Frequent mood swings
- Trouble coping with stress
- Hot temper

Risk Factors

The risk of ADHD may increase if:

- You were born too early
- You have a sibling or parent, with ADHD or another mental health disorder
- Your mother used drugs, smoked, or drank alcohol during pregnancy
- As a kid, you were exposed to environmental toxins, for instance, lead, found mainly in paint and pipes in older buildings

Complications

ADHD can make life difficult as it has been linked to:

- Unemployment
- Poor school or work performance
- Financial issues
- Alcohol or other substance abuse
- The trouble with the law
- Recurrent car accidents or other accidents
- Poor mental and physical health

- Unstable relationships
- Suicide attempts
- Unfortunate self-image

Serial entrepreneur turned investor; [Mr. Hadar Swersky](#) is the founder of [Smart Box Capital](#) and the author of “Winning in business with ADHD”. Hadar says that even though ADHD does not cause other developmental or psychological problems, other disorders frequently occur along with ADHD and make treatment harder. Therefore, it is important to get treatment on time.



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