

# WHAT IS ADHD

ADHD stands for Attention Deficit Hyperactivity Disorder. It is a neurodevelopmental disorder characterized by difficulties with attention, hyperactivity, and impulsivity. Individuals with ADHD may have trouble focusing, staying organized, controlling impulses, and managing their time effectively. ADHD can affect people of all ages and often persists into adulthood. It can impact various aspects of life, including academic and work performance, relationships, and daily functioning. ADHD is typically diagnosed based on a comprehensive evaluation by a healthcare professional, and treatment may include medication, therapy, and behavioral interventions.

ADHD is primarily associated with differences in neurotransmitter activity rather than specific hormonal imbalances. However, there are some hypotheses about the involvement of certain neurotransmitters in ADHD:

**Dopamine:** One of the main neurotransmitters implicated in ADHD is dopamine. Research suggests that individuals with ADHD may have dysregulated dopamine signaling in certain areas of the brain, which can affect attention, motivation, and reward processing.

**Norepinephrine:** Another neurotransmitter involved in ADHD is norepinephrine. Like dopamine, norepinephrine plays a role in regulating attention, arousal, and response to stimuli. Dysfunctions in norepinephrine pathways have been linked to symptoms of ADHD.

While ADHD is primarily understood in terms of neurotransmitter activity, it's important to note that hormonal factors may indirectly influence ADHD symptoms. For example, fluctuations in stress hormones like cortisol may exacerbate ADHD symptoms in some individuals, also fluctuation in estrogen and progesterone, however, ADHD is not typically considered a hormonal disorder, and its underlying causes are multifactorial, involving a complex interplay of genetic, environmental, and neurobiological factors.