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### Be Ready for Disaster: Lessons from Louisiana

The water rose quickly near Belynda Gauthier's home.

"We had about an hour to gather some belongings, catch the cat, and evacuate before our house got five feet of nasty water," Ms. Gauthier recounts. "We live in an area that had never flooded in over 500 years of recorded history. We did not anticipate this at all." [Read on.](#)



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### What ADHD is Like for Older Adults

The number of adults older than 50 who are receiving a diagnosis of ADHD for the first time is growing.

“ADHD in older adults is an important diagnosis,” says psychiatrist and author Martin Wetzel, MD. “I would argue, also, that it’s an important issue in public health.” [Read on.](#)



## Q&A: How a Helping Paw Helps ADHD Symptoms

**Q:** I’m interesting in a having a dog but wonder if I should get one because of my ADHD symptoms. Would a pet be a good idea for me, even though I have ADHD?

—*Woman in Maryland*

**A:** The short answer is yes! Adults and children affected by ADHD can greatly benefit from pet ownership, helping to develop their social skills, independence, and overall happiness.

Having a dog, cat or other companion animal can help you, or your child, learn how to schedule, manage time, and plan ahead. A common symptom of ADHD is difficulty staying organized, planning ahead, and meeting deadlines. [Read more.](#)



## Ask the Expert: What You Need to Know About ADHD

Featuring Edward Hallowell, MD  
Wednesday, Oct. 5, 2016, 1-2 p.m. ET

Knowing more about ADHD gives you the power to take control of your life and seek an evaluation, diagnosis and treatment for you and your loved ones.

*Ask the Expert* is hosting psychiatrist Edward Hallowell, author of *Driven to Distraction*, discussing how “Knowing is Better” when it comes to ADHD and treating its symptoms. He’ll break down the most important aspects of ADHD and clarify what actually is related to ADHD symptoms and what may be related other conditions. Dr. Hallowell plans to address:



- Are there differences between adult and childhood ADHD?
- Is there really a rise in ADHD rates?
- What's new or promising in ADHD research?

Whether you are familiar with ADHD or not, you'll want to join us for this webcast for actions you can take today to improve your life.

Save My Seat


 The logo features a stylized orange sunburst icon to the left of the text "ADHD in the News". "ADHD" is in a bold, blue, sans-serif font, while "in the News" is in a blue, cursive script font.
 

# ADHD in the News

- ADHD symptoms persistence into adulthood
- ADHD more common than depression in child suicide
- Study highlights what helps, doesn't help ADHD kids with homework
- ADHD diagnoses, medication use lower among African-Americans, Latinos than white children

Read these and other articles in the [ADHD in the News weekly digest](#).

Did You Know?

If you missed a past webinar, you can access them all on [NRC's Ask the Expert playlist](#). Watch the latest webinar on [getting through to your teenager](#) now live on YouTube.



Be  
**Extraordinary**  
#CHADD2016

Annual International  
Conference on ADHD  
Costa Mesa, CA  
November 10-12, 2016



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