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The Message is Clear: Treating ADHD Increases How Long You May Live

New research draws a direct line between treating ADHD symptoms and improving both your health and life expectancy. [Treatment may have a benefit of up to 13 additional years.](#)

Executive Function Affects Your Life

Executive functioning and self-regulation affect your ability to strive toward goals. ADHD-related impairments in either or both can bring setbacks. Dr. Russell Barkley

offers suggestions on what you can do to “boost” your executive function fuel tank.



Ask the NRC Podcast

Untreated ADHD Reduces Life Expectancy

Featuring Russell A. Barkley, PhD

Listen Now

Hear directly from Dr. Barkley about his research showing the importance of treating ADHD symptoms—it can mean adding up to 13 more years to your life! The research has the possibility of changing how we approach treatment and improving our understanding of how ADHD affects other conditions and our overall health.



Special Webinar Presentation

Health and Life Expectancy in ADHD: Treatment Matters More Than You Think

Featuring Russell A. Barkley, PhD
Tuesday, Jan. 15, 1:30 p.m.

[Register Now](#)

Join us for a special webinar from Dr. Barkley, explaining his new research and what it can mean for your health and longevity. The webinar is free and registration is filling up quickly. This is an opportunity to learn about cutting-edge research on ADHD and your health directly from a leading researcher in ADHD.

“Our research shows that ADHD is much more than a neurodevelopmental disorder, it’s a significant public health issue,” says Dr. Barkley. “In evaluating the health consequences of ADHD over time, we found that ADHD adversely affects every aspect of quality of life and longevity. This is due to the inherent deficiencies in self-regulation associated with ADHD that lead to poor self-care and impulsive, high-risk behavior. The findings are sobering, but also encouraging, as ADHD is the most treatable mental health disorder in psychiatry.”



ADHD *in the News*

- New Research Suggests Untreated ADHD Reduces Life Expectancy by Young Adulthood – Treatment May Help to Address the Problem
- Practices network to improve care for children with ADHD
- Prescription Stimulant Use Varies Widely Across US
- Simple self-care tips for parents of kids with ADHD
- ADHD: Excluded pupils 'should be screened automatically'

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

ADHD Moment



As Seen on Twitter

If you're one of those people who thinks executive dysfunction only happens for things we don't like (school, cleaning,) then please consider the fact that I've been meaning to plug my phone in for 20 minutes and I'm now at 2% and still putting it off to write this post ͇(˘)͇

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4601 Presidents Drive, Suite 300
Lanham, MD 20706*

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