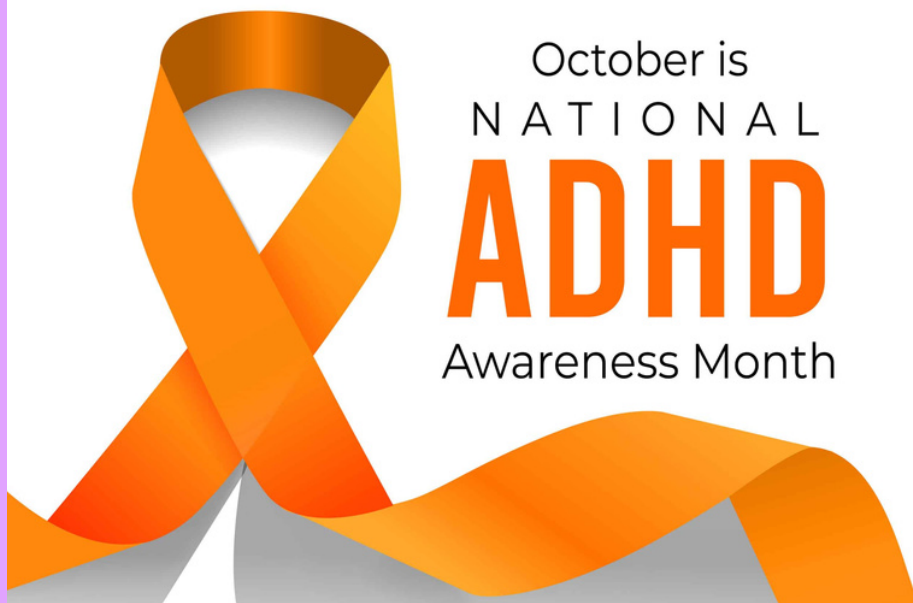




# October Newsletter

Changing Lives, One Day, One Goal,  
One Person at a Time



## What does ADHD look like in women?

### **Executive Functioning Difficulties**

Women with ADHD often face challenges managing everyday tasks. They struggle with organizing, prioritizing, and staying on track. Forgetfulness, disorganization, and poor time management are common, leading to frustration and feelings of inadequacy in handling daily responsibilities.

### **Emotional Dysregulation**

Emotional sensitivity is often heightened in women with ADHD. They may experience intense reactions to minor setbacks, quickly become overwhelmed, and struggle with mood swings. Emotional dysregulation impacts relationships and self-esteem, often making daily life more difficult.

### **Inattention, Focus & Distractibility**

Inattentive ADHD, more common in women, presents as forgetfulness, zoning out, or daydreaming. Women may miss appointments, struggle to meet deadlines, and find it hard to focus on tasks that don't interest them, often leading to chronic disorganization.

### **Impulsivity & Hyperactivity**

Women with ADHD may not exhibit outward hyperactivity but feel internal restlessness. Impulsivity might appear in excessive talking, interrupting conversations, or impulsive shopping. Hyperfocus on certain interests is common, but it can lead to exhaustion.

## Why does ADHD go undiagnosed in girls and women?

The percentage of girls diagnosed with ADHD is almost certainly much lower than that of girls who have ADHD. This gender gap in ADHD diagnoses may be the result of several factors known as referral biases:

1. Girls with ADHD are more likely to present with symptoms of inattention rather than hyperactive/impulsive symptoms, which are more noticeable and disruptive in classrooms, leading to more referrals by teachers.
2. Girls have greater levels of "internalizing symptoms," including anxiety and depression, often resulting in misdiagnosis.
3. Parents perceive so-called 'feminine' ADHD symptoms as less problematic.
4. Parents and teachers may mistakenly believe ADHD is primarily a "male" disorder.
5. The diagnostic guidelines for ADHD, which have changed very little, are based on symptoms observed in boys.

# Additional ADHD Symptoms and Behaviors to Consider

The symptoms of ADHD can manifest in a variety of other ways for people of any gender.

## Signs of ADHD in Everyday Life

- You've been involved in — and at fault for — a car accident or two (or three...or four...)
- You misplace or lose things like keys, wallets, phones, or things that are valuable or meaningful to you.
- You forget to cancel memberships before the end of the free trial period. And then continue to pay for them for month.
- You struggle to sit through movies, concerts, or plays — no matter how much you've been looking forward to them.
- You have a habit of taking on too many tasks at once.
- You can come on too strong in new relationships because you may be hyperfocused on the person or want to share all your enthusiasm about a certain topic you're into.
- Speaking of hyperfocus: You may tend to fall into research rabbit holes and fail to notice when others are trying to talk to you.
- Alternatively, you might info-dump everything you've just learned on the other person when they only wanted to know if you'd join them for dinner.

## Commonly Overlooked Signs of ADHD in Girls Ages 18 and Under

- You'd repeatedly get caught not listening when called on.
- You frequently forgot to bring homework to or from school.
- You may have received report cards that read like this:
- "Does well in subjects she's interested in. If only she applied herself more in [insert subject that bored you]."
- "She's great at reading but lacks patience for periods and commas, let alone other slower students."
- You had trouble making and holding onto friends.
- You found it impossible to tidy your room — let alone KEEP it that way.
- You appeared to be a perfectionist when in reality, you had to work harder so you wouldn't fall behind.

## ADHD in women checklist

Put a checkmark in the box next to the questions you have answered 'yes' to. Add up your checkmarks and use this as a guide for a conversation with your doctor.

### Do you frequently...

- ☐ ...have difficulty motivating yourself?
- ☐ ...have trouble shutting out distractions when it's time to focus?
- ☐ ...find it hard to control your impulses?
- ☐ ...do or say things you later regret?
- ☐ ...have difficulty following directions or forget them almost immediately?
- ☐ ...struggle with disorganization?
- ☐ ..."organize" items into piles and bags?
- ☐ ...have problems with planning ahead?
- ☐ ...forget people's names?
- ☐ ...get behind on laundry or frequently have to re-wash the same load of laundry?
- ☐ ...miss appointments or show up late?
- ☐ ...check your calendar obsessively and set several reminders to avoid missing things?
- ☐ ...zone out during conversations?
- ☐ ...tend to interrupt others during conversations or finish their sentences?
- ☐ ...serial binge-watch or impulse-shop (or both)?

**Total:** \_\_\_\_/15

*This checklist is not to be used as a diagnostic tool.*





# Women of Colors

YOU ARE INVITED TO OUR

## OPEN HOUSE &

## Ribbon Cutting

## CEREMONY



*Join us for the grand opening of our new building!*



## Silent **AUCTION**



2-Raffles for Sports & Spa Gift Baskets

Thursday, October 17, 2024 | 3:00 pm - 6:30 pm

3057 Davenport Ave | Saginaw, MI





# MEN'S HEALTH 1<sup>st</sup> SYMPOSIUM



The SAGINAW COUNTY HEALTH DEPARTMENT, SAGINAW HEALTH EQUITY COUNCIL & the SAGINAW ALUMNI CHAPTER OF KAPPA ALPHA PSI FRATERNITY INC. present:

*A discussion on Men's Health and why it's being called the "Silent Health Crisis"*

**BWELL**  *Saginaw*

**HM** **HEALTHY**  
**MEN** inc.  
HealthyMen.org

**THURSDAY, OCTOBER 24, 2024 • 9AM-NOON**

Saginaw Art Museum & Gardens  
1126 N. Michigan Ave. • Saginaw MI 48602



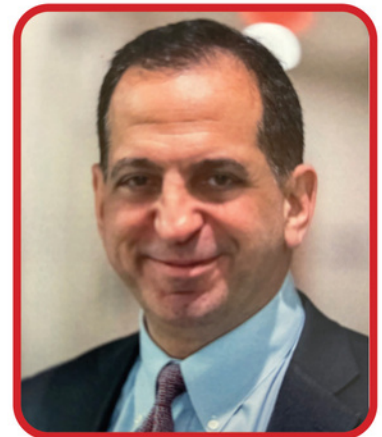
Ava Lewis, PhD  
Nurse Practitioner  
SVSU  
**Moderator**



Dr. Michael Ingram MD, FAPA  
Director of Behavioral Medicine  
Great Lakes Bay Health Centers



Armin Brott  
Co-Founder, President and  
Chief Communications Officer  
Healthy Men's Inc.



Dr. Samuel Shaheen, MD  
President and CEO,  
CMU Medical Education  
Partners Professor of Surgery,  
CMU College of Medicine

Saginaw County remains the most obese county in the State of Michigan.

Saginaw County is among the top eight (8) counties for prevalence of diabetes.

A disparity in health status for men shows that women live, on average, 6-8 years longer than men.

Men die at a higher percentage from 9 out of 10 top causes of death.

National statistics show that 90% of women have a personal physician, only 66% of men do.



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instagram

Funding provided by the Saginaw Health Equity Council through a grant from the Michigan Public Health Institute

Continental breakfast sponsored by:



Blue Cross  
Blue Shield  
Blue Care Network  
of Michigan

Blue Cross  
complete  
of Michigan

For more information contact  
**Dwayne Parker**

dparker2123@gmail.com or 810-624-3432

# Member Spotlight

October is ADHD Awareness Month, and we're taking this opportunity to shine a light on how ADHD impacts women. Understanding the unique challenges women face with ADHD, such as executive functioning struggles and emotional regulation, is crucial for building supportive communities. We also invite you to join us for our Ribbon Cutting Open House on October 17th. This event marks an exciting new chapter for our organization, and we look forward to celebrating with you as we continue expanding our work in the community!



**Evelyn McGovern**  
Cofounder/President



Is your loved one leading a destructive life?  
That doesn't mean your life has to be  
destroyed as well.

Stronger Together is here to help you cope.  
Join us at WOC for an addiction support group  
for family and friends of people struggling with  
addiction.

1st and 3rd Tuesday of every month. 6:30 - 8 PM  
3057 Davenport, Saginaw, MI 48602

## President's Corner

October is a special month for us as we highlight both ADHD Awareness and celebrate our growth as an organization. ADHD affects women in distinct ways, and raising awareness is part of our ongoing commitment to fostering inclusive conversations. We are also thrilled to announce our Ribbon Cutting Open House on October 17th—an event that symbolizes our expansion and the strengthening of our community ties. We hope you'll join us in celebrating this milestone and supporting our mission for the future.

