

As we enter into a new season, there is a lot to look forward to.

Autumn is filled with astounding sites, and crisp, cool nights. October is breast cancer awareness month, a disease that has affected many folks and their families. It is also ADD/ADHD (attention deficit hyperactivity disorder) awareness month.

We now know that ADHD is a developmental impairment of the brain's selfmanagement system, and its executive functions. Did you know that it isn't just a behavioral disorder found in children? Many adult women and men also have ADHD.

Many people with attention deficit — particularly its inattentive symptoms are undiagnosed or misdiagnosed as children. They may suffer serious psychological consequences after a lifetime of blaming themselves for ADHD symptoms.

Girls are often overlooked in school when it comes to diagnosing ADHD. This

Instead of impulsively interrupting class as many boys with ADHD do, you will often see girls dreamily staring out the window or forgetting their homework. Adults with ADHD are often diagnosed when their children are. They

is because many girls have what is called the "inattentive" type of ADHD.

recognize their child's symptoms in themselves. Symptoms of Adult ADHD may Include

- Impulsiveness
- Forgetting names and dates
- Missing deadlines and leaving projects unfinished
- Extreme emotionality and rejection sensitivity
- Becoming easily distracted and disorganized
- Suffering generalized anxiety disorder and mood disorder
- Low frustration tolerance
- Trouble multitasking

But there is help to be found for adults (or children) with ADHD. Most experts suggest a dual approach of combining therapy and medication. Behavioral therapy teaches coping mechanisms and strategies, and stimulants used to treat the symptoms do actually help folks focus.

Check the links below for more resources on Breast Cancer and ADD/ADHD:

Breast Cancer

cancer.org/cancer/breast-cancer.html

• Excessive activity or restlessness

ADD/ADHS breastcancer.org additudemag.com

youtube.com/c/HowtoADHD

Opcoming BWN Events

You are invited to join us. Registration is required for each event. Click on each section below to register. Become a member and attend our member-only events.

10/13: Coffee Host: Dr. Lisa Gordon



10/20: Luncheon & Vendor Fair



10/27: <u>Happy Hour</u> Hosts: <u>Marilyn Johnson</u> • <u>Sewing Design Studio</u> · Scholarship Committee



Nonprofit of the Month



Blossoms of Hope's mission is to enhance the quality of life through beautification projects and to both increase awareness of breast cancer prevention each spring and raise money to benefit those within the community coping with cancer. Blossoms of Hope provides support for our community and those in need throughout Howard County.

to those in need!

Support The Santa Project by Blossoms of Hope! Help bring Santa

SUPPORT BOH

Welcome New Members



Columbia Massage Clinic Alice Blayne-Allard • EMAIL

Elisha Aguilar • EMAIL

The Phoenix Group ABA

Amber Drenner • **EMAIL United Way of Central Maryland**

Notice & Invitation

The **BWN Facebook** and **LinkedIn** pages are public but the **BWN Facebook** Group page is open only to current BWN members. If you are not a current member and would like to be, we'd love to have you join us!

JOIN OR RENEW

About BWN

BWN is a Community Where Business Women

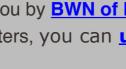
Business Women's Network believes women are more successful when they are in community with other women. Our mission is to provide opportunities for motivated, professional women to empower one another, so that together we can grow our business and our leadership skills. What

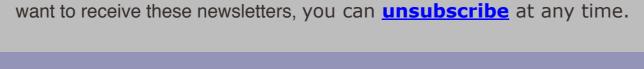
Grow Together

sets us apart from our other networking organizations is our warm and welcoming energy and our commitment to making genuine connections.

JOIN BWN

This message has been sent to you by **BWN of Howard County**. If you no longer







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