

Sanar Desde La Raiz

M Mark

¡May 19, 2024 · **ADHD** (Atención Deficiente/Hiperactividad) es un trastorno del neurodesarrollo que afecta la capacidad de una persona para mantener la atención, controlar los impulsos y regular el nivel de actividad. Aunque a menudo se asocia con la infancia, puede persistir en la edad adulta. Los síntomas pueden variar en gravedad y manifestarse de diferentes maneras. Algunos individuos experimentan dificultades para concentrarse en tareas, mientras que otros pueden tener problemas para quedarse quietos o controlar sus impulsos. El diagnóstico de ADHD requiere una evaluación profesional exhaustiva que considere los antecedentes, los síntomas actuales y el impacto en la vida diaria. El tratamiento puede incluir terapia conductual, medicación y apoyo educativo. Es importante recordar que el ADHD es una condición crónica, pero con el manejo adecuado, las personas pueden desarrollar estrategias para manejar los síntomas y alcanzar su máximo potencial. ...

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