

Q: According to Cleveland Clinic Canada, women are typically underdiagnosed.<sup>2</sup> Why is that?

A: Dr. Steve Pomedli, Manulife Group Benefits Medical Director, Cleveland Clinic Canada: “There are different subsets or presentations of ADHD symptoms, including “hyperactive-impulsive” symptoms as well as “inattentive” symptoms. And, there may be differences across genders as to which of these presentations predominates. For example, men are sometimes thought to present more often with hyperactive-impulsive symptoms. Because these symptoms have sometimes been viewed as a more “typical” presentation of ADHD, boys and men have historically been more commonly diagnosed with ADHD. However, we know that many other individuals across the gender spectrum – and in particular women – may present with the less overt set of symptoms related to inattention, rather than hyperactivity or impulsivity. And because these symptoms related to inattention may be more subtle, this seems to have led to the underdiagnosis of ADHD in girls and women, with many women not getting a diagnosis or starting appropriate treatment until well into adulthood.”