

Q: Manulife is seeing an increase in claims for adults being prescribed ADHD medication.<sup>1</sup> Why could there be more adults being diagnosed with ADHD?

A: Dr. Steve Pomedli, Manulife Group Benefits Medical Director, Cleveland Clinic Canada: “The increased rate of diagnosis of ADHD in adults in recent years can likely be attributed to several underlying trends. First, there’s been an increased awareness within the medical community of ADHD not just being a diagnosis of childhood, and an increased understanding of the range of symptoms that can be part of an ADHD diagnosis for adults. This has helped healthcare providers better recognize different presentations of ADHD in adulthood, confirm the diagnosis, and support individuals in finding the most appropriate treatment. Second, social media has also helped many people become more aware of the condition, and has encouraged them to talk to healthcare professionals about symptoms that they are concerned about. Lastly, more recent changes around working from home and daily routines have, in some cases, brought to the surface symptoms of ADHD that were otherwise masked by more structured work environments that were previously in place.”