To [*insert either the editor’s name or write “To the editor”]*

October is ADHD Awareness Month. Attention-Deficit/Hyperactivity Disorder (ADHD) affects children, adolescents, and adults in the United States. Did you know…

* Millions of people in the United States are affected by ADHD
* Nearly 9 % of children ages 3-17 have been diagnosed with ADHD
* About 4.5% of adults have been diagnosed with the disorder

ADHD’s core symptoms include problems with attention, impulsivity, and hyperactivity.

This year’s theme for ADHD Awareness Month is “Knowing is Better: ADHD Across the Life Span.” An ADHD diagnosis not only challenges affected individuals but also their families and friends. That’s why I have joined the movement to raise awareness about the condition.

Consider these facts:

* Individuals with ADHD experience more challenges in school, at work, and in social relationships.
* They have higher rates of emergency room visits and automobile accidents, and are at greater risk for substance abuse.

The good news is that when children, teens, and adults are diagnosed early and receive treatment, they can lead more fulfilling lives.

I hope you will visit the ADHD Awareness Month Coalition’s website at [www.ADHDAwarenessMonth.org](http://www.ADHDAwarenessMonth.org), to learn more about this real and serious health condition. The website has a wealth of information to help affected individuals, and their families, cope with the daily challenges of life.

Thank you,

[*insert your name here*]

[*insert town/neighborhood/community*]