



Déficit de Atención Adultos: Pare y ... Siga (Colección Salud) (Spanish Edition)

Apolo Zepeda

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Afortunadamente, cada vez sabemos más sobre los diferentes trastornos que pueden alterar el funcionamiento de nuestro cerebro, como el caso del Déficit de Atención. El 5% de los niños lo padecen y cuando esta población se convierte en adulta, 8 de cada 10 continúan con él. ¿Cómo identifico a una persona con Déficit de Atención? El médico es la persona más indicada para diagnosticar este trastorno, sin embargo, hay comportamientos habituales en los adultos que lo presentan. ¿Se puede manejar? Muchas personas con este trastorno, son exitosas y llevan una vida con normalidad debido a que conocen su enfermedad y tomaron conciencia de ella.

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