



Linda Bynum serves food at the picnic thrown for the Habitat for Humanity homeowners by St. Paul's AME Church and the Rogers-Eubanks Neighborhood Association on Saturday. PHOTO BY MARY-ALICE WARREN



Cyclists head up West Main Street at the Bike Chapel Hill-Carrboro 8 Mile Cruiser Ride held Friday as part of the Bike Month celebration. About 200 cyclists enjoyed the ride. PHOTO BY ALICIA STEMPEL

HOUSE Calls

Practicing family physicians from the UNC Department of Family Medicine have teamed up with *The Carrboro Citizen* to bring you a weekly feature responding to your questions about health and medicine. Send your questions or comments to yourhealth@unc.edu



This week we respond to questions about adult ADHD and doctors not listening.

Dear *HOUSE Calls*, I recently went to my family physician and he asked me if I had ever been diagnosed with ADHD. He said I seemed to have a hard time staying focused. After reading more about it, I think he's right on target. All my adult life, it has been difficult for me to complete tasks, finish conversations, study and read. Do adults really develop ADHD?

That's a great question. It is wonderful that you have that kind of relationship with your doctor that he might bring up something like this. ADHD is attention deficit hyperactivity disorder. It is fairly common in children. It does not generally start in adulthood. However, many children with ADHD will continue to have ADHD into adulthood. And for some, this is not diagnosed until adulthood. They might realize that they never quite met their potential in school, but perhaps they were smart enough to get OK grades. Adults with ADHD

zone out in the middle of a conversation, have a hard time staying on track and may overlook important details. In the exam room, the patient may be all over the place in conversation. Your doctor should consider alternative explanations, such as depression and anxiety, and the degree of impairment, in considering treatment. If you are doing well at home and work, it may be more of a personality type and not a disorder. Treatment can definitely help. Good luck.

Dear *HOUSE Calls*, Why is it that so many doctors don't take the time to listen? My mother recently broke her hip and the doctors who took care of her came in and out of the room so fast you would think they had a train to catch. They seemed to resent our questions.

We're sorry for your experience. Thank you for raising this important issue and reminding us how important it is to listen. We encourage you to speak up when you or your loved one has a question. Make a list before the team visits in the

hospital and share the list as they enter the room. That way, they can address all critical issues immediately, and perhaps send somebody back later to answer your other questions. It is fair to recognize that hospitals are very busy places with lots of competing demands. Health care providers often see many patients early in the process and are needed to finish documentation, complete discharges and get to the operating room, clinic or other responsibilities. You remind us that without engaging in the act of listening, we are not providing good care. You should feel free to say, "We really need a few more minutes of your time. If you can't do it right now, can you come back?" Negotiate for the time that you need. Most doctors want to do this effectively, but sometimes don't realize that they are not.

HOUSE Calls is a weekly column by Dr. Adam Goldstein, Dr. Cristy Page and Dr. Adam Zolotor on behalf of Your Health and the UNC Department of Family Medicine.

Briefs

Memorial Day events

Local veterans will join together at the American Legion Post 6, at 1714 Legion Road in Chapel Hill, on Memorial Day (Monday) to remember deceased veterans. Events start at 8 a.m. with a memorial service. There will be an open house at 10 a.m. and another service at 11. The Village Band will hold a concert at 12:30 p.m.

On Saturday, Veterans of Foreign Wars members, joined by American Legion Post 6 veterans and Boy Scout Troop 835, will decorate the graves of veterans at Chapel Hill Memorial Cemetery.

Flag placement begins at 6:30 a.m. at Memorial Cemetery on Legion Road. Locally, more than 500 flags are ready for placement. Following the decoration, the veterans will hold a memorial ceremony at 8 a.m., and scouts from Troop 835 will play taps.

Community members are invited to attend



Ed Gill Jr., vice commander of VFW Post 9100, and his wife, Karen, decorate veteran graves at last year's Memorial Day grave decoration. PHOTO BY LAURALEE LONG

the ceremony and assist in flag placement. For more information, visit americanlegionchapelhill.com

Community Canning Series

The Carrboro Farmers' Market and chef Sheri Castle introduced the new "Year Round Food: Community Canning Series" at this week's Wednesday afternoon market. All proceeds will benefit the Inter-Faith Council for Social Service hunger programs.

The program is a series of monthly workshops led by local food experts dedicated to putting up local food all year round. The classes cost \$10 on a sliding scale and are open to the community.

This series is made possible at the Carrboro Farmers' Market from grant support from BALL Jar Company and the Farmers' Market Coalition. For more information or to sign up, contact Sarah Blacklin at carrborofarmersmarket@gmail.com

Master Aging Plan

The Orange County Department on Aging will hold a workshop series to create a Master Aging Plan, with a workshop on Wednesday at 10 a.m. at

the Carrboro Century Center. The plan will address quality of life for Orange County's current seniors, as well as the future ones, and their families.

The focus groups will include representatives from the senior community, caregivers, family members, boomers, faith communities, health care providers, civic groups, the business community, nonprofit agencies and town government, in addition to Orange County government departments. A diverse group is needed to think creatively about the future.

Additional workshops will be held throughout the summer. For more information, contact Janice Tyler at 968-2071 or jtyler@co.orange.nc.us

Beehive Salon braid challenge

The Beehive Salon is issuing its annual art challenge. This year's theme is the braid. Anyone may submit a piece of artwork of any medium, style or size celebrating the braid by June 25 at 7 p.m. The top seven winners will have their artwork displayed inside the salon through the months of July and August. There will also be gift certificates for the top three finishers and gift packages for the fourth- through seventh-place finishers. The salon is open Tuesday through Friday from 10 a.m. to 8 p.m. and Saturday from 10 a.m. to 6 p.m.

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Another beautiful day in Carrboro!

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Orange County Animal Services

OPEN HOUSE!

Help us celebrate another successful year in our New Animal Services Center!

Saturday, June 4th
1 p.m. - 4 p.m.

Free Food - Scavenger Hunt - Spay/Neuter Surgery
Window - Area Organizations - Adoptable Animals

Tours of the Animal Services Center and POP-NC's Mobile Surgical Unit

For details, visit www.co.orange.nc.us/animalservices

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