

## NEWS

### ADDRESSING ADHD INCREASES SATISFACTION AND WORKING ABILITY



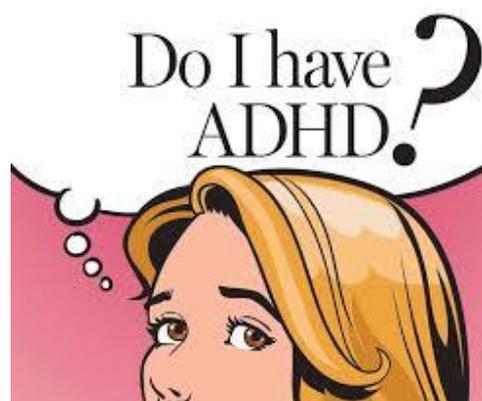
We often hear about the increasing burden that ADHD is placing on children. In every classroom there is at least one child suffering from this disease. However, we are much less aware of the fact that ADHD has consequences for our adulthood, even though that its manifestations vary. Actually, ADHD could be the very reason that is holding us back from reaching our potential in personal, working and social life.



There is little awareness about the effects of ADHD on adults, and therefore many adults may not be aware of their condition and may fail to seek professional help. The classic symptoms include inattention, hyperactivity and sometimes impulsivity. People suffering from inattention suffer from an inability to concentrate on longer and mentally demanding activities. Their thoughts are “running too fast” in his or her head, and they soon disperse in all directions.

The avoidance of task completion and leaving everything until the last minute (i.e. procrastination), forgetting and failing to meet deadlines, inability to organise work and chaotic behaviour are just a few real-life manifestations of this condition. ADHD sufferers often fail to remember meetings that were arranged in advance and they frequently lose things (keys, mobile phones). However, they can focus much better on activities they enjoy.

People with hyperactivity are in constant tension, acting as if they were constantly in motion, they talk a lot, break into someone else’s speech or they tend to have a feeling of inner restlessness at least. Impulsivity makes them act faster than they think. They are impatient and make sudden decisions that they would not do should they have the patience to think it through. They easily get into conflicts they later regret. Despite this self-reflection, the same mistakes are repeated next time.



Do you feel that you also suffer from ADHD? Experts at our polyclinic have at hand precise diagnostic criteria and modern therapeutic methods that help detect and treat ADHD.

#### Our contacts

e-mail: [poliklinika@narodni.cz](mailto:poliklinika@narodni.cz), phone: +420 222 075 120

## OUR MONTHLY PHYSICIAN PROFILE

### BENO BLACHUT – OPTOMETRIST IN OUR POLYCLINIC

As of April 1, 2016, we are please do welcome our newest member to our Polyclinic, optometrist Beno Blachut. Mr. Blachut has 41 years of experience in the field of ophthalmic optics, 36 years of experience in the application of contact lenses and 20 years of experience in the hard contact lenses. Apart from providing standard examinations for eye defects, prescribing corrective lenses and offering variety of frames, Mr. Blachut's company, Beno Optik, is a specialised facility for the application of solid (soft) contact lenses from HECHT GmbH, a German producer of lenses.

Mr. Blachut also deals with the correction of keratoconus, high astigmatism and other conditions that require special lens treatment. Beno Optik cooperates with the General Teaching Hospital at Karlovo náměstí (Corneal ER) offering individual approach for each patient.

Please contact our office to book your appointment. We look forward to meeting you!



## PREVENTIVE MEDICAL CARE

### IT'S TIME FOR VACCINATION AGAINST TICK-BORNE ENCEPHALITIS

Ticks live in grass and brushy areas with shrubs about one meter high. Their natural habitat includes both urban areas with parks as well as meadows in the countryside and broadleaf mixed forests.

Given the high prevalence of infected ticks in the Czech Republic, the most appropriate protection against tick-borne encephalitis for adults and children is vaccination.

Vaccines are prescription only and they are applied by our doctors.

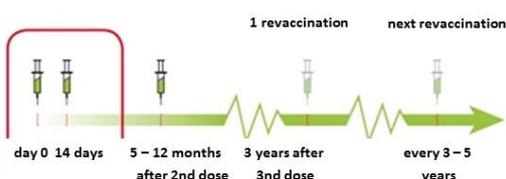
If you have not started your vaccination in winter, it's high time for the accelerated vaccination schedule. The first two doses are applied within fourteen days, the third dose is then provided after 5 to 12 months. The booster dose is given three years after finishing this first cycle of three doses. Subsequent boosters may be applied within three to five years, depending on your age and physical condition.



#### PRIMARY VACCINATION SCHEDULE – FOR THE COLD MONTHS



#### PRIMARY (ABRIDGED) VACCINATION SCHEDULE - FOR THE WARM MONTHS



We look forward to your visit!

Polyclinic at Národní, Národní 9, 110 00 Praha 1

At our clinic, no appointment is needed, just come and see us!.