

# POWER OF A LABEL: EXPERIENCE PRE-DIAGNOSIS

Ary Delgado | Reporter  
adelgado@therampageonline.com

Before my ADHD diagnosis, life felt scattered with no end. Being told to focus and get things done was difficult, and I struggled to explain to others. Imagine just how hard that is.

My normal was different from others' "normal." The feeling of being scattered was overwhelming but it's how I navigated life. I thought things were just harder for me in a way it's not for others.

Every day felt like it had no beginning and end. Life was consistently on the go and I never felt a sense of accomplishment. The feeling of failure grew with me as I got older, it was as if I was just stuck at a level one when I knew I could do so much more.

As an adult, being diagnosed with ADHD (attention-deficit/hyperactivity disorder) has helped me understand why my brain operates the way it does. It took me about a

year and a half to get the answer I needed since the healthcare system still lacks mental health understanding.

Like others, my biggest obstacle growing up was the lack of medical resources, which has mostly stayed the same as an adult.

Oct. 12 marked one year since the U.S. Food and Drug Administration announced a shortage of ADHD medicine. It was now causing millions to face refill delays and a lack of pharmacy stock.

For the past year, the shortage of medication has affected my daily life. It has only grown harder as the months have passed to obtain medication.

Having Kaiser Permanente as my medical insurance has been hard. Frustration has built up, I have been on and off my medication and it's hard to express the impact it has had on me.



ADHD medication, like Adderall, have been on shortage since Oct. 12, 2023. Photo/ Courtesy of Daniel Foster

Not having access to medical resources has thrown me off track. Work and school are important to me, but have become increasingly harder to do. Daily life has been a rollercoaster of emotions and actions.

The feeling of being thrown off routine is one I dread. I feel successful then the next week I no longer feel as if accomplishing simple tasks is possible, and this will just get worse if the shortage doesn't come to an end soon.

## CELEBRATING HOLIDAYS EARLY: WEIRD?

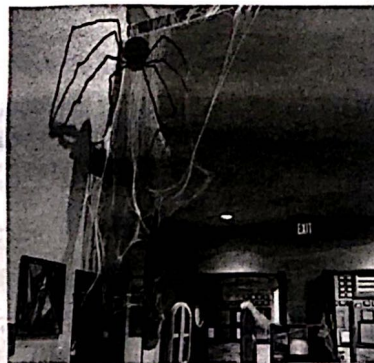
Julian Padilla | Reporter  
jpadilla@therampageonline.com

There is no wrong time to decorate or listen to holiday music.

Decorating brings excitement, especially to young kids. Passing through neighborhoods where people decorate their homes shows the spirit of the holidays and it brings me joy.

If you decorate a month before the holiday, you get the full use out of your decorations compared to putting them up right before.

Gage Weber, a law major, said "Everyone's approach to decorating is what makes holidays so special," Weber said, "I think people deco-



Fresno City College library decorated for Halloween on Oct. 18th, 2023. Photo By/ Julian Padilla

rate to bring joy to people around them."

The holiday season is always exciting because we are given a break from our everyday lives. We all get to enjoy being around loved ones

and cherishing moments together.

Josue Medina, a political science major at FCC said, "There is nothing better than spending time with your family."

Decorating is one of the main things you can do to get into the holiday spirit. Beyond that comes the holiday music, which can be listened to at anytime. There are people who like to listen to Christmas music all year round, which is completely fine.

Do what makes you happy, it doesn't matter whether you want to listen to holiday music or start decorating for the holidays.