

DID YOU KNOW THAT?

BEING ALWAYS LATE CAN BE A SYMPTOM OF A DISEASE?

ARE YOU ALWAYS LATE ?

BEWARE!!!

SOMETHING MIGHT BE WRONG WITH YOUR HEALTH



For some people being on time seems nearly impossible. They are always running out the door in a frenzy, arriving everywhere late, no matter how important the place or the event.

If this sounds like you, have you ever thought that you can be affected by a disease ?

An English team of doctors discovered the existence of a medical condition called chronic lateness. It is thought that this medical condition is caused by the same part of the brain affected by those who suffer with Attention-Deficit Hyperactivity Disorder (ADHD).

Everything started with Jim Dunbar, a Scottish Man who is 57 and misses every appointment he makes: he has been late for work, holidays, meals with friends and even funerals .He was diagnosed with the chronic lateness condition at Ninewells Hospital in Dundee.



Some psychologists believe that chronic lateness could be a symptom of an underlying mood disorder such as depression. A recent study of more than 200 people at San Francisco State University showed that 17 per cent were chronically late. Those unable to be punctual displayed similar patterns in behaviour including anxiety issues, and trouble with self-control.

Researchers said the problem -- whether it affects a person personally or professionally -- is not irreversible, however.

Psychologists recommend those affected to work to make deadlines non-negotiable, monitor how long it takes to perform certain tasks and always plan



to be early.



They had better forget the saying "It's better late than never!!"

....and we are sure many will be happy to find such an excuse for being late!!!