

DOWNLOAD PDF POTPOURRI : ANSWERING SOME COMMON QUESTIONS ABOUT ADHD/ADD AND RITALIN.

Chapter 1 : Methylphenidate Drugs: Overview of Concerta, Daytrana, Methylin, Ritalin, and Aptensio

This article answers some common questions and corrects prevalent misunderstandings about ADHD medications, including Ritalin. In this article, you will find: Stimulants and ADHD.

This article is about childhood attention deficit hyperactivity disorder ADHD. Is ADHD even a real disorder, since most children show some of the symptoms some of the time? While there is not one specific proven test to determine who has ADHD, it is nevertheless a real disorder. ADHD is characterized by a specific constellation of symptoms, functional problems and developmental history that follows predictable patterns. However, the diagnosis should not be assigned casually. Can a child have an attention deficit disorder and not be hyperactive? Children with this presentation will often daydream and have a hard time focusing. Children with ADHD are at increased risk for lower academic performance and social problems including peer problems and teacher conflicts. They have a greater chance of dropping out of school. Many repeat grades or receive lower academic scores due to problems with attention span, hyperactivity, and impulsivity. A very typical problem is displayed by children who do not turn in schoolwork to the teacher even though it has been completed. Entry into middle school is especially challenging for children with ADHD because they are now expected to be able to switch from class to class. Is there a specific test to diagnose ADHD? No, there is not one magic test. What kind of psychological work-up should be done to make a diagnosis? It is not necessary to put children through an assessment mill where everyone always gets the same type and amount of tests. Talking to a mental health specialist who assesses and treats ADHD for a living is a good first step. Where should I go to get a diagnostic evaluation? Where you seek an evaluation depends on your community and on the insurance plan the individual is covered by. Preferably, the professional should specialize in the assessment and treatment of ADHD, if such a professional is available. Has the outpouring of media attention paid to ADHD affected how frequently and accurately patients are diagnosed with the disorder? Some families develop preconceived notions that their children may have ADHD and come to health professionals expecting a confirmation of their home diagnosis. Are the medications recommended for ADHD safe for children? Psychostimulant medications have been thoroughly studied and few long-term side effects have been identified. Problems, when they do occur, are generally mild and short-term. The most common side effects are loss of appetite and insomnia. Rarely, children experience a negative mood or an increase in activity as the medication wears off. These side effects can be addressed by changing the dosage or by changing to a slow-release formulation. Results from a seminal study published in The Journal of the American Medical Association in April showed that while there may be some individual cases of children put on Ritalin when they have not had a thorough enough evaluation, generally there is no evidence that the medication is overprescribed. It is more likely that we see increased rates of Ritalin prescription because more children are being identified and brought in for treatment. How effective are medication-free treatments? Parent training and behavior modification can substantially improve the behavior of children with ADHD if these methods are applied consistently and correctly. But like medication, it can only be helpful if it is used faithfully and accurately. Not all families are willing or able to go along with such treatments. My teenager does not want to continue medications any longer. What should I do? It is developmentally normal for a child entering adolescence to want to start taking charge and make their own decisions about many things in their lives, including what clothes they wear, who their friends are, and whether to take medication. It is important for the health professional to find a sensitive way to deal with their feelings so they do not end up in a power struggle. Sometimes adolescents will be more inclined to cooperate if they are given a more formal trial to show whether the medications still help. Children with ADHD may qualify for special school services or accommodations under either of two federal laws: Children covered by IDEA are entitled to education services that meet the standards of a free appropriate education. In addition, schools are prohibited from expelling and suspending for more than 10 days students whose behavior results from their disability,

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unless drugs or weapons are involved or the child is a danger to himself or others. Section is a civil rights statute that makes it illegal for schools to discriminate against children with disabilities and requires them to provide reasonable accommodations, which may include the provision of services. To be eligible for Section , a child must have an existing identified physical or mental condition that substantially limits a major life activity. Because learning is considered a major life activity, children with ADHD are entitled to protection under the law if the condition substantially limits their ability to learn. Children with ADHD may benefit from modified instructions, special classroom assistance, behavior management and assistive technology such as tape recorders or visual aids. Retrieved on November 6, , from <https://>

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Chapter 2 : Questions Kids Ask About ADHD

Here are some of the more frequently asked questions, along with answers from our ADHD expert Eileen Bailey. some are stimulants, such as Ritalin, Concerta or Adderall, and others are non.

Common Questions and Answers about Vyvanse vs ritalin vyvanse However, we are noticing increasingly worse behavior right away in the mornings and at bedtime. We just saw our family physician and we increased his dose of Vyvanse , started on a low dose of Ritalin to get us through the morning bus ride, and we are going to start seeing a psychologist for behavior modification. The doctor drew some lab work while we were in, and the results were normal except his BG. Ritalin was very effective and the noticeable side effects were minimal. However, around age 20 I began to notice erectile sustainability issues which became increasingly prevalent heading into my mid and late twenties. I have no side effects at all. I get at least 5 or 6 hours of great active hours, can rest easily, nap for an hour, get up and have a few more hours then sleep easily for the nite. Read More I did a lot of research. We got him an appointment with a Psychiatrist. After much trepidation, we put him on Ritalin. We saw almost immediate results! He was actually able to focus! It was like he was a completely different kid. He was actually reading and doing his homework! Then, after a little while, the Ritalin stopped working. Instead, he became irritable and started lashing out at his sister. It was pretty bad. They would bicker and he would hit her. Read More Boy, would I love to see a science based study looking at children that were given natural remedies vs. My child is not on medicine but I know of many many success stories of children that found themselves achieving what THEY have always wanted to achieve in school. When it is a success, it is a wonderful thing. When it is a disaster it is a terrible thing. That is why one can only share their own experience with their family or people they know well vs.

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Chapter 3 : Is Ritalin The Same As Meth? (Video) - Adult ADHD, ADD Blog

-- *Potpourri: answering some common questions about ADHD/ADD and Ritalin. "@en; schema:description " How are the kids of Generation Rx doing now' This groundbreaking book reveals the answers'and raises some important new questions. Written by a clinician with more than thirty years of experience with child patients, Remembering Ritalin offers.*

You have most likely heard of at least some of these prescription drugs. But what do methylphenidates do, and how does this form of prescription drug work? These are the questions that we are here to answer. Understanding the Basics of Methylphenidate Drugs Methylphenidate is a class of prescription medication known as central nervous system stimulants. As a prescription stimulant, drugs within the methylphenidate class affect the individuals who take them by increasing dopamine and other substances found in the brain. Because the brain is part of the central nervous system, the changes in the brain brought on by stimulants like methylphenidate in turn affect the rest of the body. The Major Questions About Methylphenidate Drugs To help you get a better understanding of methylphenidate drugs and prescription stimulants, this post discusses both how this class of drug works and the specifics of each of the major brands of methylphenidate drugs. More specifically, we address the following questions: What are methylphenidate drugs? How are methylphenidate drugs and other prescription stimulants used? What are the major brands of methylphenidate? Can methylphenidate be abused? Are prescription stimulants like Concerta, Ritalin, and Daytrana addictive or habit-forming? What are the effects of methylphenidate abuse and addiction? Can you get treatment for prescription stimulant addiction? What Are Methylphenidate Drugs? Methylphenidate drugs are a type of prescription stimulant. While there are other purposes for other forms of prescription stimulants, this is considered the only approved use of methylphenidate drugs. Individuals who have been diagnosed with these disorders typically have a hard time focusing on outside stimulation. Those diagnosed with ADHD are also usually more impulsive or hyperactive. This is particularly pronounced when children with ADHD are compared to their classmates, or adults are compared to people of the same age. How Do Methylphenidate Drugs Work? Because of the major symptoms of both ADHD and ADD, methylphenidate drugs are aimed at affecting the central nervous system including the brain to help individuals with the disorder simultaneously focus and calm down. Many of the symptoms of ADHD first show up around the age of seven, so several types of methylphenidate have been developed for children. In conjunction with the rise of ADHD diagnoses, prescription stimulants have also been on the rise. The most common methylphenidate drugs include five main name brands: Concerta, Daytrana, Methylin, Ritalin, and Aptensio. You most likely recognize at least a few of these brands of methylphenidates. So what is this class of drug, and what are the differences between these brands of methylphenidate drugs? Prescription stimulants as a whole are designed to simultaneously calm an individual and focus them on the stimulation around them. Methylphenidates accomplish this by increasing the dopamine levels in the central nervous system. While dopamine is commonly associated with bringing about feelings of pleasure, it is also responsible for creating motivation in the brain. This approach in the prescription drug is based on the fact that one of the underlying causes of ADHD may be low levels of dopamine in the central nervous system or in the brain, in other words. Methylphenidate essentially blocks the dopamine transporters in the brain, consequently raising the levels of dopamine in the brain. In turn, children are more likely to find interest in school and adults are better able to focus at work. When used as prescribed, methylphenidate is generally not considered to be addictive. This is because it takes at least an hour for the drug to reach the brain and for the dopamine levels to rise. In other words, it is more difficult to get high off of a prescription stimulant like methylphenidate because it is slow acting. Of course, there are ways that drugs like Ritalin and Daytrana can be abused and prove addictive. The Five Major Brands of Methylphenidates While there are many different types of methylphenidate drugs, it is worth breaking down the five most common brands prescribed by doctors in the United States. However, they vary slightly in how they are taken

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and how they enter the central nervous system. You should never crush or chew these tablets, as this causes the drug to reach the brain too quickly. Concerta should not be taken more than once a day. This is type of methylphenidate takes the form of a patch. The patch is typically kept in place for around nine hours. Because the effects take hold about two hours after placing the patch, it should be placed later in the day as it can cause sleeping problems. Methylin, like other forms of methylphenidate, does not work as a one-off pill. This form of the prescription stimulant is taken just once a day, like Concerta. The drug is then slowly released into the system over the course of the day. How Are Methylphenidate Drugs Abused? More and more teenagers and college students are starting to abuse prescription stimulants like methylphenidate for one purpose: The belief is that they can improve their grades in school simply by taking stimulants like Concerta or Ritalin. This could not be further from the truth. Prescription stimulants do promote wakefulness, but studies have found that they do not enhance learning or thinking ability when taken by people who do not actually have ADHD. Drugs like Concerta and Daytrana increase dopamine levels in the brain, just like many other addictive drugs do – like alcohol and amphetamines. However, the difference is in how the drug reaches the brain. What Methylphenidate Abuse Looks Like Methylphenidate tends to be slower acting than its amphetamine counterpart. This means that the effects of the drug reach the brain slowly – usually over the course of an hour or more. This prevents an individual from experiencing the high that is produced by other prescription drugs that raise dopamine levels. When this form of prescription stimulant is abused, however, it can become habit-forming and addictive. Some of the ways that methylphenidate drugs are abused include: There is no question about it: As we mentioned above, this means taking the prescription drug in any other way than how it was prescribed. The results can be dangerous. Do not take a larger dose, take it more often, take it for a longer time, or take it in a different way than prescribed by your doctor. If you take too much methylphenidate, you may find that the medication no longer controls your symptoms, you may feel a need to take large amounts of the medication, and you may experience unusual changes in your behavior. National Library of Medicine The Side Effects of Methylphenidate Drug Abuse When prescription stimulants like methylphenidate are abused, they create a host of negative health effects in the person abusing them. These can be dangerous, particularly over the long term. Some of the most common negative health effects of abusing methylphenidate drugs include:

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Chapter 4 : Ritalin Questions & Answers - www.nxgvision.com

People who suffer from this common problem often get help from stimulant drugs such as Ritalin. But not all cases of ADHD are alike. Some people simply don't respond to the drugs.

In my opinion, ADHD is a terrible term. I see ADHD as a trait, not a disability. As I like to describe it, having ADHD is like having a powerful race car for a brain, but with bicycle brakes. Treating ADHD is like strengthening your brakes—so you start to win races in your life. In my work as a psychiatrist who treats ADHD, I see myself not as a doctor who treats a disability, but rather as a doctor who helps people, adults and children alike, identify, develop, and celebrate their talents. Indeed, people with ADD can be calm and serene, not in the least hyperactive or disruptive. This syndrome is often found in girls and women, but it also occurs in boys and men. It is often missed, because the absence of hyperactivity leads others to assume the child or adult is simply shy, quiet or slow. In fact, they are dynamos in the making! What are the positive qualities associated with ADHD? People with ADD typically are creative, intuitive, original, and full of positive energy. They tend to be independent thinkers. They are persistent to the point of being stubborn. They usually are quite sensitive, but often cover this over with a kind of bravado. They are big-hearted and generous. They often have charisma or a special something, a twinkle in the eye, a zany sense of humor, or an ability to inspire others. With the right kind of guidance, these people can become hugely successful in their lives. What are the negative qualities associated with ADHD? People with ADHD typically have trouble paying attention and focusing, especially when they are not interested. On the other hand they can super-focus at times. They also can be impulsive and sometimes hyperactive and disruptive. They can have trouble getting organized, prioritizing their activities, managing time, and completing tasks. They can be unaware of the impact they have on others, and so they can be socially awkward or inappropriate. They can be forgetful, inconsistent in follow-through, and often late. What should treatment for ADHD include? Treatment should start with education. You need to understand ADHD well enough to embrace it, and realize that while it may be holding you back right now, in time, with the right help, it can propel you to the fulfillment of your dreams. You need to understand what a positive attribute ADHD can be in your life. Once you learn about ADHD—its positives and its negatives—then you get to work, with a good guide, a therapist of some sort who understands ADHD and takes a strength-based approach, to change whatever it is in your life that is causing you problems. Usually you need to work with a coach to get more organized. You need to get on a regular sleep schedule and build exercise into your life. You need to consider the nutritional aspects of treatment. You will want to reconsider your job or school situation in light of ADHD. Various structural changes in your life can make a big difference: In addition, you will likely want to talk with your therapist about your family life. If you are a child, some family therapy will help. If you are an adult, couples therapy can make a big difference. Beyond education, coaching, and therapy, it is important to have a plan for developing your talents and interests. This will take time, but it is key. You build a life not on weaknesses you have repaired, but on talents you have developed. Of course, fixing weaknesses can help you in developing your talents, so the two go hand in hand. When medication works, it works as safely and dramatically as eyeglasses. Make sure you work with a doctor who can explain the issues around medication to you clearly. Most people do not realize how safe and effective stimulant medications truly are, when they are used properly. Make sure you work with a doctor who has plenty of experience with these medications. As long as you take them under proper medical supervision, they can help you immensely. How about alternative treatments for ADHD? I have a completely open mind when it comes to alternative treatments. We have a lot to learn. All you have to be careful of is that whatever you try is safe, and that it has been proven beneficial for at least some people. The alternative treatments that I have solid, positive experience with include: LENS, a form of biofeedback; Learning Breakthrough, cerebellar stimulation in the form of physical exercise; Cogmed, a computer game geared to improving active working memory. What would you say is the single most important element in a successful treatment program? Above

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all, what matters most is taking a positive approach. Of course, you need to see a professional who is highly knowledgeable and experienced. But you also want to make sure you see a professional you like, a person you feel understands you or your child, and a person you can be open and real with. Treating ADHD takes time, often years, so you want to be sure you are in the hands of a person you trust implicitly, a person you feel cares for you and your family, and, perhaps most important, a person who sees a clear way for you or your child to fulfill your dreams. I have both ADHD and dyslexia myself. Mental Health Center, where I was lucky enough to find stellar teachers who deeply understood the human heart. I was 31 years old at the time. I have been treating ADHD and other learning differences for more than 30 years. I have authored or co-authored five books on the subject. I see individual patients of all ages, as well as couples, families, and groups. My offices are staffed by people who share my passion for ADD and the marvelous people who have it. In my centers, we see ADHD not as a disability or a deficit, but as a trait, a way of being. It is characterized by a host of qualities, some positive, some negative. Our job is to promote the positive qualities, while limiting the damage done by the negative. The standard, medical approach looks at ADHD entirely as a disorder. By disregarding the positive attributes, this approach often creates new serious disabilities:

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Chapter 5 : ritalin dosage information - MedHelp

I wanted to answer common questions, which I encountered on the Internet about travelling to Japan with ADHD medication. It's really hard to find credible information to those simple questions. I hope after reading this, you will be able to plan more important things about the trip.

I wonder for how long and at what dosage. He still will NOT increase the Ritalin dosage. I took the script anyway, and after filling it realized I am screwed for the month. I even took 80mg and felt nothing. I hate to do it, but I am going to call my Psych. Read More Jeff, Adderall is typically started at 5 mg twice daily and titrated to a clinically helpful dose generally not more than 20 mg twice daily. Adderall has a duration of action of approximately 6 hrs which is longer than Ritalin but usually needs to be dosed twice a day. Hope this was helpful. Please search this forums archives for further information on Adderall. This is only her third day on the medication. Read More I saw my psychiatrist today and he told me Ritalin must be taken cautiously with patients with tics because it aggravates tics. I am 27 years old and have been taking Ritalin since I was about I used to have a blinking eye tic but Ritalin didnt seem to aggravate it. However I got a funny spasm in my left eye and the doc said its fine. The one question I forgot to ask him was if Ritalin could cause my eye tic to spiral out of control in the future. I get about 2 to 4 hrs sleep and the rest of the night I toss and turn. I am concerned about not sleeping and then taking Ritalin to keep me awake during the day. I feel my health will be affected. Is this the normal way to treat my condition? Read More Hey everybody! My doctor was saying that to combat this, it might be a good idea to switch around with different meds - although I have not tried that much yet! Unfortunately he is sadly not an isolated case. Read More It is interesting that there is not a great deal of information on the long term usage of these meds. Apparently, there was no need or money to do long term studies because many people stopped using the meds once they were out of school. My guess would be that with the hundreds of thousands, if not millions of people who used stimulant medication, if there were problems - there would have been many law suits by now. Read More I am so amazed that Ritalin has so little information. Google Ritalin side effects or Ritalin deaths sometime. Ritalin made my life better too, I would not be who I am without the use of it I believe but its not a harmless drug and the medical community is pushing in on children as young as three - the issue of Ritalin is one no one wants to touch as Novartis have aggressively promoted its safety. Read More We have worked and worked with him and tried everything we know. Last year we had him evaluated to take ritalin. They prescribed a low dosage at our disgression. We read and read up on the medicine and decided not to give it to him and try to manage it other ways. Now after the first nine weeks of school he is getting into trouble for his talking quite a bit and his grades are lousy. I am thinking again maybe we should try the ritalin. Read More been thru my ups and downs career wise, having a hard time getting a job These medications include Ritalin , Dexedrine, Adderall, and Desoxyn. It is important to note that when these medications are used to treat ADHD the dosage is much less that what addicts use to get high. I had no negative ones from Provigil. Read More Hi there, stumbled on this forum whilst pulling the last 3 remaining hairs outta my head hehe looks a great place. After the lastest"review" at CAMHS Child and adolescent mental health services I was informed that my son will no longer be eligible to receive prescriptions for Concerta methylphenidate. I chose to go the natural route vs ritalin. I am seeing a naturopath and homeopath to treat his condition. Is he lacking something else? Read More Having read articles on the medications used in the treatment for ADHD, information I have viewed referred in one article to adderol as having a combination of the the central ingredients found in both ritalin and dexedrine. Read More that answer is Ritalin. The generic equivalent is Methylphenidate. A little amount goes a long way. It re-establishes "focus" and at the same time quells "sleepiness. We need "focus" by day If they can perscribe Ritalin to enhance "focus" in a child Read More I am 17 and lbs if that would help for anything and am taking a dosage of mg of bupropion. I just want to make sure nothing dangerous will happen if I do smoke, or how much I can smoke, or if there is anything I can do to lower risk of danger like not taking the drug on the days I smoke.

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Read More The pediatrician said dexadrine is twice as strong as ritalin she was taking 40mg with ritalin and the doctor said that was too strong.

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Chapter 6 : How can I control myself from asking too many questions in lecture? : ADHD

Ritalin: ADHD Medication Uses, Dosage, and Side Effects Ritalin (methylphenidate) is the most commonly prescribed medication used to treat ADHD and ADD. Learn how it controls symptoms, plus its uses, dosages, side effects, and potential risks and benefits.

It is readily treated by medications , psychotherapy , or a combination of the two. Here are some commonly asked questions teens have about ADHD, and their answers. It means you have trouble seeing life clearly. You have trouble paying attention. You may like to move around a lot, and this also makes it hard to pay attention to what is going on. Just as it can be annoying for people who wear glasses to have to put on their glasses, it can be annoying to have ADD. But there is nothing wrong with it. In fact, lots of really smart kids have ADD, just as lots of really smart kids wear glasses. Lots of very smart people have ADD. He invented many other amazing things besides the light bulb. No, he is not right. Having ADD has nothing to do with being smart or stupid. Many very smart people have ADD. Your mom or dad may have ADD. Your teacher may have ADD. The principal of your school may have ADD. Both people who wrote this book have ADD and one of them has dyslexia, too. Your doctor may have ADD. So may a fireman or a police officer or the person who brings the mail or an airplane pilot or an astronaut. Anyone may have ADD. If I take Ritalin, will I become just like him? Ritalin will not change the basic way you already are. Neither will the Ritalin. Why do I have to? I think you and your mom and dad and your doctor should talk to each other until you reach some kind of agreement so nobody is doing anything against their will. Tell your mom the medicine will work better if you take it without being forced to. Lots of kids have been helped by medicine for ADD. It is very safe, and when it works, it really helps a lot. What good does the medicine do? When it works, the medicine helps you pay attention better than you can now. It helps you focus better, like a pair of eyeglasses. It can make it easier for you to pay attention in school and at home. It can make reading easier. It can make homework go better. It can make school less boring. It can make it easier to get along with your brother or sister, if you have one. It can help you remember things. This is the good the medicine does when it works. Does the medicine do bad things? Sometimes, but the bad things are not very bad, and they go away as soon as you stop taking the medicine. Sometimes the medicine takes away your appetite, so you have to be careful to eat plenty. Sometimes the medicine makes it hard to sleep , so you have to be sure not to take it too close to bedtime. Sometimes the medicine just makes you feel funny. If that happens, you simply stop taking it, and the funny feeling goes away. Once in a great while that means almost never , the medicine slows down your growth. This scares many kids. But they do not need to be scared. Most of the time the medicine does not do anything bad, and it does a lot that is good. No, not at all. He is not right. If I take the medicine, how long do I have to take it? What your doctor will do is tell you to stop taking it once or twice a year to see if you still need it. Sometimes kids take it for years. Sometimes just for months. The only way to find out is to stop it now and then and see if you still need it. I just found out I have ADD. How can I keep this secret from my brother? It is a hard secret to keep. Life will be a lot easier if your brother knows. Believe it or not, he might even help you out. That is not right. ADD does not mean you are weird any more than needing to wear glasses means you are weird. Is it true that if you have ADD you can think faster than other people? And sometimes you think slower. It probably evens out in the long run. So fast they lose track of their own thoughts. It is usually better to take the medicine regularly than once in a while. Maybe you have some questions that need to be answered about the medicine. Or maybe the dose is wrong or the time you take it is wrong. The answer is almost a definite no. Ritalin, which is the main medicine we use to treat ADD, has been around for a long time. We have found it to be very safe. Can I tell you absolutely, percent for sure, without a doubt, that there is no problem? Why does the school nurse have to give me my medication instead of me taking it myself in school? Because that is the school rule. Why is that the school rule? So the school will know you took it, in case you forget whether you did or not. These are all good reasons. Will the medicine make me smarter? But it might

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make you get better grades because you might be able to pay attention better and do homework better. Reprinted with permission from the book, Answers to Distraction by Edward M. Retrieved on November 12, , from <https://>

Chapter 7 : Frequently Asked Questions about Childhood ADHD

A: Attention deficit hyperactivity disorder (ADHD), or just attention deficit disorder (ADD) are confusing medical terms. Don't be afraid, though, because if you manage it right, ADHD can become your friend, a major asset in your life. The terms ADD and ADHD refer to a syndrome found in both.

Chapter 8 : vyvanse vs ritalin - MedHelp

The correct answer is: Blood pressure drugs are sometimes prescribed for ADHD. In addition, some antidepressants and the nonstimulant drug Strattera may be prescribed for ADHD, especially in adults. In addition, some antidepressants and the nonstimulant drug Strattera may be prescribed for ADHD, especially in adults.

Chapter 9 : - NLM Catalog Result

Often times Ritalin is prescribed as a first defense for ADD/ADHD. It may not be the correct dose let alone catalyst to treat your specific ADD/ADHD ailments. When using psychotropic medications, there is a " hit or miss" mentality in the phychiatric community.