

# DOWNLOAD PDF WHAT SIDE EFFECTS MIGHT I EXPECT MY STUDENT TO HAVE FROM STIMULANTS?

## Chapter 1 : Are All Stimulant Drugs Addictive?

*They may also cut down on some side effects. But it may be harder to wind down at night until you get your medication dose and timing right. Common stimulants include.*

Easier breathing Appetite suppression and possible weight loss These effects are all very desirable. They are actually why people start using stimulants in the first place, in most cases. Some of the long-term effects of stimulant drugs include: Please know that there are other ways to treat your condition rather than addictive drugs. When it comes to the drug problem in the United States, much of the attention is focused upon the issue of prescription opioid painkillers and the resurgence of the street drug heroin. There are many different types of stimulants that are misused or abused recreationally, both illicit street drugs and prescription stimulants, including: Adderall – Usually prescribed for ADHD, this prescription medication is often abused by students as a performance-enhancing study aid. Each type of stimulant creates its own problem within society. For example, methamphetamines are widely abused in poor or rural areas, because they are cheap and easily manufactured out of common ingredients. Prescription amphetamines pose a particular risk to teenagers and young adults, primarily because they are dispensed so often. Approximately 5 million Americans are current users of cocaine. Almost , people are current users of methamphetamines in the United States. This is significant, because in , there were only , methamphetamine users. Stimulants are popular recreational drugs because they promote euphoric feelings of well-being and excitement, trigger increased alertness, can aid in concentration, and promote weight loss. Like all drugs of abuse, stimulants raise the dopamine levels in the areas of the brain that are responsible for reward and pleasure. This explains why stimulant-addicted people are driven to ingest more and more of the drug, to the exclusion of almost any other activity. Finally, recovery from stimulant abuse is made harder because there is no established and effective medication that a person in rehab can take that will help, unlike as is the case with other addictive substances such as alcohol, opioids, or tobacco. Because of this, the type of therapy, education, and counseling that a person receives during drug rehab become that much more important. Getting Treated for Stimulants Addiction Through Rehab Northpoint Recovery in Boise, Idaho, has a staff of trained addiction specialists who have both the experience and the expertise required to treat substance abuse disorders manifesting as stimulant addiction. At this point, you may be feeling a bit paralyzed in your reaction. You may not have known that there was anything wrong with using stimulants. Especially those that have been prescribed by a doctor. Getting the help you need is the most important step you can take right now. Do you have questions about stimulant drugs? Leave us a comment below.

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### Chapter 2 : Amphetamine Uses, Dosage, Side Effects & Warnings - calendrierdelascience.com

*Two key factors in side effects. Getting the right dosage is important for minimizing side effects. Stimulant medications work by bringing up the levels of two brain chemicals, dopamine and norepinephrine. If your child gets the right levels of dopamine and norepinephrine, he will be pretty focused.*

It was approved recently, on September 3rd, , but is gaining increasing recognition as a treatment for ADHD. Chemically, Intuniv is an extended release form of guanfacine, a blood pressure med that has been on the market for quite some time. It works by stimulating alpha-2 receptors – this lowers blood pressure and may work in the prefrontal cortex to increase focus, attention and memory. Intuniv is one of many options for treating ADHD. To learn what all the main options currently are and, more importantly, what they do and how well they work , see a Full List of ADHD Medications. And if you want to learn about ADHD in general, see here. How well does Intuniv work? Several studies so far have been done into how well Intuniv works for treating ADHD and what kind of side effects it has. So far, they say that Intuniv works somewhat less than the stimulants like Ritalin and Adderall and – possibly – somewhat more than the traditional non-stimulants like Strattera. Parents in particular have concerns about traditional treatment for their children. Intuniv can be used as sole therapy or with stimulants, to round out treatment. What kind of side effects does Intuniv have? It has a long duration of effect and can even be used in combination with stimulants. And the short acting form of Intuniv has been on the market for some time, so we know that it is fairly safe in general. The cons Intuniv is very new, and studies so far have shown that it is not as effective as the stimulants. Some studies have hinted at potential problems such as high rates of serious side effects such as fainting. While the short acting form has been on the market, Intuniv is long lasting. Efficacy How well does Intuniv work? In one major study, on one scale, people who started with an ADHD score of around 40 and took Intuniv had their score go down to around 19 on average. The accepted number for remission of ADHD symptoms is a score of 18 or less. Those who took Intuniv along with stimulants went from about a starting score of around 29 to around It was done over two years, but that is still a somewhat high number. Other studies into Intuniv have had much lower drop out rates. Analysis of that study concluded that at low doses Intuniv is about as effective as traditional non-stimulants, and at higher doses is superior to the current non-stimulants, such as Strattera, Wellbutrin, and possibly even Provigil. Intuniv Side effects Different studies show different side effect profiles for Intuniv. The side effects of Intuniv also depend on its particular use. When used in combination therapy with stimulants, for instance, it has much less rates of sedation and sleepiness, and users seem to report less problems. This is probably because its sedative effects that lower blood pressure are counteracted by the stimulants effect of raising it. Some of its side effects take time to start showing up, with sedation in particular starting after 3 weeks of treatment.

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### Chapter 3 : How Long Do Stimulants Stay In Your System? | The Recovery Village

*Recreational misuse of prescription stimulants has gone up significantly in the past two decades because they are so widely available. Prescription stimulant misuse is especially common among teens and college students since these drugs can help improve cognitive performance and may have other desirable effects such as weight loss.*

Published online Jul Re-use of this article is permitted in accordance with the Creative Commons Deed, Attribution 2. This article has been cited by other articles in PMC. Abstract Prescription stimulants are often used to treat attention deficit hyperactivity disorder ADHD. Drugs like methylphenidate Ritalin, Concerta , dextroamphetamine Dexedrine , and dextroamphetamine-amphetamine Adderall help people with ADHD feel more focused. In this review, we discuss recent advances in the use and increasing misuse of prescription stimulants among high school and college students and athletes. Given the widespread belief that stimulants enhance performance, there are in fact only a few studies reporting the cognitive enhancing effects of stimulants in ADHD and nonaffected individuals. Student athletes should be apprised of the very serious consequences that can emerge when stimulants are used to improve sports performance. Moreover, misuse of stimulants is associated with dangers including psychosis, myocardial infarction, cardiomyopathy, and even sudden death. As ADHD medications are prescribed for long-term treatment, there is a need for long-term safety studies and education on the health risks associated with misuse is imperative. ADHD is one of the most common psychiatric conditions of childhood Wilens et al. ADHD is diagnosed in boys at a rate of two to four times that of girls, although this observation may be the result of referral patterns from teachers Sciotto et al. Overall, the prevalence of ADHD in adults ranges from 3. Differences across ethnic groups within the United States are sometimes found, but seem to be more of the function of social class than ethnicity Bloom and Cohen ADHD is found in all countries surveyed with rates similar to, if not higher than, those found in North America Faraone et al. Thus, adult ADHD is one of the most common adult psychiatric disorders. Individuals with ADHD often have substantial functional impairment in academic, family, and social settings. Youth with ADHD are at an increased risk for academic failure because of learning or language problems. Other consequences associated with ADHD include dangerous driving, impaired peer relationships, delinquent behavior, and impulsive sexuality Putukian et al. Moreover, when ADHD is untreated, there is increased prevalence of certain psychological disorders e. However, early treatment may decrease negative outcomes of ADHD including the rate of conduct disorder and adult antisocial personality disorder Dopheide and Pliszka There are both pharmacological and nonpharmacological e. At the same time, many studies have revealed the numerous adverse effects associated with prescription stimulants when they are used inappropriately. Stimulants are classified as Schedule II drugs i. The nonmedical use of prescription stimulants represents the second common most form of illicit drug use in college, second only to marijuana use Johnston et al. This review discusses recent studies regarding the use and misuse of stimulants among high school and college students, including athletes, with and without ADHD. Athletes may see stimulants as a way to help maintain physical fitness for their competitive sport or to improve their concentration. Finally, we elaborate on the long-term effects of chronic stimulant use. Addiction and tolerance are major concerns, as are psychosis and cardiovascular effects. Surprisingly, these associated risks of stimulant misuse are not frequently addressed in the media and literature. Clearly, the widespread misuse of prescription stimulants represents an important public health issue faced by students, school officials, health centers, and parents. A hand search of psychiatry journals was performed and reference lists from relevant studies were searched. The prescribed use of stimulant medications to treat ADHD in children age 18 and younger rose steadily from to , from an estimated 2. Overall, prescription stimulant use among 6- to year-olds is highest, going from 4. MPH is a short-acting stimulant drug. Generic MPH is available in many forms, and several versions of the long-acting MPH have been introduced, with Concerta getting the largest share of the market. According to the U. Drug Enforcement Administration In addition, with the realization that ADHD is a lifelong disorder, MPH has become more

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commonly prescribed for adolescents and adults, and treatment duration has increased Horrigan Although the precise mechanisms underlying the action of these medications are not completely understood, they appear to increase the availability of dopamine, which could account for their therapeutic effects. Although ADHD is a multifactorial disorder, disrupted dopamine DA neurotransmission plays an important role in its pathophysiology. In addition, polymorphisms in the dopamine D1 receptor DRD1 are associated with the disorder Misener et al. Historically, the core feature of ADHD has been characterized as one of attention deficit, but increasing evidence suggests that a reward and motivation deficit may be of equal importance. Intravenous MPH also significantly increased DA in the prefrontal and temporal cortices that were associated with decreased ratings of inattention, which may be therapeutically relevant. The widespread use of prescription stimulants for ADHD has not been without critics. In recent months, we have heard speculation about whether ADHD is a real disease, and if it is real, whether it is being grossly over-diagnosed. Disorders often become widely diagnosed after drugs come along that can alter a set of suboptimal behaviors. If there is a pill that can clear up the wavering focus of sleep-deprived youth, then those rather ordinary states may come to be seen as syndrome. Alan Sroufe argues that attention-deficit drugs do more harm than good over the long term, a conclusion other professionals in his field dispute. Studies have shown that children who take MPH can show reductions in ADHD symptomatology inattention, hyperactivity, and impulsivity and gains in social and classroom behaviors. Studies of adults with ADHD have confirmed its usefulness for this population as well. However, the benefits of prescription stimulants on ADHD symptomatology do not appear to last long. Children were randomly assigned to 14 months of a systematic medication management MedMgt , which was initial placebo-controlled titration, three times a day dosing, 7 days a week, and monthly min clinic visits, b multicomponent behavior therapy Beh , which included session group parent training supplemented with eight individual parent sessions, an 8-week summer treatment program, 12 weeks of classroom administered behavior therapy with a half-time aide, and ten teacher consultation sessions, c their combination Comb , or d usual community care CC. This randomized, six-site, controlled clinical trial featured rigorous diagnostic criteria at study entry and compared the relative effectiveness of treatments of well-established efficacy. The initial MTA findings reported that all groups showed improvement over baseline at the end of the month treatment period; however, the Comb and MedMgt group participants showed significantly greater improvements in ADHD symptoms than did the Beh or CC participants. By the next follow-up, 3 years after enrollment, there were no longer significant treatment group differences in ADHD symptoms or functioning Jensen et al. Prevalence of prescription stimulant misuse The misuse of a stimulant medication “ taking a stimulant not prescribed by a physician or in a manner not in accordance with physician guidance ” has been growing over the past two decades. In fact, in the past 10 years there has been a surge in prevalence rates of nonprescription stimulant use among both adolescents and young adults. In general, nonprescription use of MPH in was reported as 1. Breaking the sample down by age, nonprescription use among adolescents ages 12–17 went from 2. Among college-aged individuals ages 18–25 , however, usage increased significantly from 3. Finally, among those 26 and older, usage is the lowest of any group, but rates are rising. In , only 0. The majority of research on the misuse of prescription stimulants has focused on undergraduate college students. The nonprescription use of stimulants has increased in this population, to the extent that the misuse of prescription stimulants is second only to marijuana as the most common form of illicit drug use among college students Johnston et al. A nationwide self-reported survey of more than 10, students from 4-year universities in the United States reported a 6. Colleges with the highest past-year prevalence rates were typically located in the northeastern United States, which is corroborated by other reports McCabe et al. A study by Teter et al. According to a survey of a single US college, The majority of nonprescription stimulant users reported obtaining the drugs from a peer with a prescription “ a process termed diversion. The diversion of stimulants is very common and can begin in childhood, adolescence, or young adulthood. A study conducted by Wilens et al. One survey reported that A review of elementary and high school students prescribed the stimulant MPH revealed that they had been asked to give or sell their medication to others

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Musser et al. Data has shown that the diversion continues among college students. The lifetime prevalence of nonprescription stimulant use was 6. Multivariate analysis indicated that nonprescription use was higher among college students who were male, white, members of fraternities and sororities and earned lower grade point averages. Rates were higher at colleges located in the northeastern region of the United States and colleges with more competitive admission standards. Nonprescription stimulant users were more likely to report use of alcohol, cigarettes, marijuana, ecstasy, cocaine, and other risky behaviors. Among college students, available evidence suggests that individuals who misuse MPH were more likely to be white, male, affiliated with a formally organized fraternity, and more likely to use other illicit and illegal substances Bogle and Smith A descriptive, nonexperimental, cross-sectional study examined the nonprescription use of stimulants among student pharmacists Lord et al. A recent survey found that the misuse of prescription stimulants is also rampant among dental and dental hygiene students McNiel et al. The survey, which was mailed to dental education institutions in the south-central region of the United States, found that The use, misuse, and diversion of prescription stimulants among middle and high school students were also examined by McCabe et al. In this study, the odds for nonprescription stimulant use were lower among African American students and higher among those students with no plans for attending college. These students also had the highest rates of alcohol and other drug use. The prevalence of prescription stimulant misuse in medical students is also high. An anonymous survey was administered to medical students ADHD was diagnosed in 5. This study suggests that medical students appear to be a relatively high-risk population for prescription stimulant misuse. Several officials now say the problem is increasing in medical schools Harris Why are prescription stimulants misused? The reasons why prescription stimulants are misused are numerous and include achieving euphoria, and helping cope with stressful factors related to their educational environment. A frequent concern regarding the use of stimulants for ADHD is their mechanism of action, which increases DA and thus may increase the risk for overt, illicit drug use. However, research points to the conclusion that people of any age receiving a stimulant for ADHD have no greater risk for illicit substance abuse compared with the general population Wilens Stimulants are especially popular at the end of a school term when students will often use the drugs to stay awake through the night to study for exams or complete academic projects. In fact, prescription stimulants are most commonly misused to enhance school performance. According to a Web survey of ADHD-diagnosed college students, enhancing the ability to study outside of class was the primary motive for misuse Rabiner et al. Pressures such as a persistent desire to succeed academically, poor sleep habits due to large workloads, and the persistence of underlying social and financial demands may place students at an increased risk for misuse of various drugs, including stimulants Kadison ; Teter et al.

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### Chapter 4 : Adderall (Adderall XR) - Side Effects, Dosage, Interactions - Drugs

*The MTA is the largest controlled study of ADHD to date. The study involved about children in the s for 14 months. A smaller control group got further treatment for two years.*

I am currently prescribed mg of Adderall IR daily, 4 times 30 mg tablets. They are generic and manufactured by Barr Teva and my pharmacy could not get that brand from their wholesaler so they ordered CorePharma instead. The standard party line response by most is that it has to have the same active ingredient. You are correct in saying all medications must meet FDA standards, but in a much different range than you suggest, between approximately 98 percent to percent, much stricter levels. Some people do notice a difference between generic drugs and the name brands due to the fillers and binders used, but the active ingredients are the same. Each person responds to these medications a little differently. If possible, it is better to stay with one manufacturer once you get good results, but sometimes the drug company does not have the supply and the pharmacy must order from a different company. Can Adderall lower my metabolism? Adderall does not affect metabolism, but it can decrease your appetite, which will cause you to lose weight. You should not see weight gain with this medication. Can Adderall alter your brain permanently? What is the worst side effect? If someone wants to stop taking it what can you suggest? Adderall generic name is dextroamphetamine with amphetamine is typically used for a couple of conditions. Adderall has a number of side effects with the most common being overstimulation, restlessness, headache, nausea, vomiting, weight loss, and dry mouth. More serious side effects can affect the heart and brain function. Any new or worsened behavior and thought problems should be reported to your physician. Also any chest pain, palpitations, shortness of breath, or any chest discomfort should be reported to your physician. If someone wanted to stop taking Adderall, it is important not to abruptly stop and discuss tapering off the medication with their physician. This information is solely educational in nature and not meant to diagnose or treat conditions. It is important to discuss any questions or concerns about Adderall with your physician. I have attached a couple of links for more information about Adderall. What can I do to get a year-old on Adderall to eat healthy food? Many people who take Adderall amphetamine and dextroamphetamine often lose appetite, and therefore weight, as a side effect. I am not sure if you are asking what you can do to get your son to eat or if you are trying to get him to eat healthy food because he is currently eating unhealthy foods. For either scenario, you might want to try keeping nutritious snacks that he enjoys around the house. If he likes fruit cut into slices, keep some pre-cut fruit for him so that he can easily grab it when he feels like it. If he likes granola bars or nuts or crackers, keep some of those handy. If he is experiencing loss of appetite, you might want to consider a liquid supplement like PediaSure or Boost. Many children tend to enjoy these types of drinks, and they may be an easy way to consume calories and nutrition. For main meals, try cooking with leaner meats, like chicken breast or turkey. These will provide protein without a lot of saturated fat. He is taking a generic form of it through Express Scripts. Coffee makes it worse. He stopped taking the drug and has made an appointment to see his doctor. Is this a common side effect? Adderall is a medication that is used to treat ADHD in children, and narcolepsy in adults. There are a number of side effects with Adderall that you should report to your health care provider, including, but not limited to: Confusion, Chest tightness, Chest pain or heart palpitations, Shortness of breath, Depression, More outgoing or aggressive behavior than normal, Strange behavior, Hallucinations seeing, hearing, or feeling things that are not really there , Agitation or restlessness, Fainting, Uncontrolled movements of the head, neck, mouth, arms, or legs known as tics. You definitely should let the physician know about these new side effects so that he or she can decide what the best course of action is for your condition. Here is a link to more information on Adderall: What are the long-term effects of Adderall? Can it be combined with Wellbutrin, Zoloft, and Klonopin? Adderall is an amphetamine-based drug. Anytime an amphetamine is given with selective serotonin reuptake inhibitors SSRIs , such as Zoloft, caution has to be taken. The possibility of a serotonin syndrome occurring increases since both work on the neurotransmitter in

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the brain called serotonin. Symptoms of the serotonin syndrome include mental status changes such as irritability, confusion, hallucinations, increased heart rate, increased sweating, and nausea and vomiting. A physician should be aware that an individual is taking both medications and monitor the situation. Also, Adderall taken with Wellbutrin can lower a seizure threshold which is important in individuals that have a history of seizures. Alcohol should be avoided when taking Adderall, Wellbutrin, Zoloft and Klonopin because the combination can cause increased drowsiness and potentiate side effects. Kimberly Hotz, PharmD

Q: My doctor has put me on Adderall. Increased and decreased sex drive are both possible side effects of Adderall. Generally, the male sex drive tends to decrease while on Adderall, and the female sex drive tends to increase. This is not true for all cases though, every person is affected by Adderall differently. If the medication is causing an increase in sex drive at the beginning, it may over time decrease once again. For more information on Adderall, follow this link: [My adult son, age 27, has taken Adderall since he was](#) Is that dangerous to his health? Adderall is a brand-name psychostimulant medication composed of racemic amphetamine aspartate monohydrate, racemic amphetamine sulfate, dextroamphetamine saccharide and dextroamphetamine sulfate, which is thought to work by increasing the amount of dopamine and norepinephrine in the brain. Adderall is widely reported to increase alertness, libido, concentration and overall cognitive performance while decreasing user fatigue. It is available in two formulations: Your question relates to the safety of Adderall. Prolonged high doses of amphetamines followed by an abrupt cessation can result in extreme fatigue and mental depression. Chronic abuse of amphetamines can result in the manifestation of amphetamine psychosis. Because Adderall has a powerful effect of increasing blood pressure, it carries the same risk of sudden death, stroke, and heart attack, as does Ritalin methylphenidate and other stimulants used to treat ADHD, as well as the same risk of seizures in patients with a history of seizures Do not discontinue the medication. Consult your physician about any dosage changes or decreases. For immediate questions or concerns, please contact your physician or health care provider. What is the range in dosage levels of Adderall when used to treat adult attention deficit disorder? Adderall is a psychostimulant medication composed of racemic amphetamine aspartate monohydrate, racemic amphetamine sulfate, dextroamphetamine saccharide and dextroamphetamine sulfate for use in Attention Deficit Hyperactivity Disorder ADHD and narcolepsy. Use the lowest effective individualized dose; administer the first dose as soon as awake; use intervals of hours between additional doses. Initial dosing of Adderall is 5 mg once or twice daily; increase daily dose in 5 mg increments at weekly intervals until optimal response is obtained. The usual maximum dose is 40 mg per day given in 1 to 3 divided doses per day. For more detailed information, consult with your physician or pharmacist for guidance based on your specific condition and current medications, particularly before taking any action. Can you give me a list of drugs that have amphetamines as the ingredient? Adderall amphetamine dextroamphetamine ; Didrex benzamphetamine ; Ritalin methylphenidate ; and Dexadrine Spansule dextroamphetamine. William Gault, PharmD Q: Can you stop taking it once you start or do you have to take it forever? There is a possibility that Adderall may be addicting. Some people do experience tolerance to the medication and may need an increase in dose. If you are on Adderall, you do not have to stay on it forever. Many people do get off of the medication if for some reason it is no longer needed or they may switch to another medication. If you are concerned about the medications addictive properties, it would be good to talk with the doctor about your concerns. Megan Uehara, PharmD Q: I also take pain medications and Xanax for anxiety. Do they work separately in the brain or work against each other? Narcotic pain medications are downers, right, so would they work against Adderall? Adderall is a central nervous system stimulant that contains amphetamine and dextroamphetamine. Amphetamines are thought to block the reuptake and increase the release of chemicals in the brain called neurotransmitters. Adderall is used for the treatment of attention deficit hyperactivity disorder and narcolepsy. Narcotic pain relievers and Xanax alprazolam are central nervous system depressants. So, in general, these drugs have the opposite effect of Adderall. However, narcotic pain relievers work at opioid receptors in the brain to relieve pain. Xanax belongs to the group of drugs known as benzodiazepines and these sedatives work on a different brain chemical known as GABA. A

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review of package inserts and medical literature showed no reports of an interaction between the specified medications; however, it is possible that central nervous system depressant effects, such as tiredness and impaired thinking, may be increased with the combination of a narcotic pain reliever and Xanax. Patients should not operate a car or heavy machinery without knowing how the drugs affect their ability to react. Can I take Adderall with pregnancy? If not, is there a safer medication? Adderall is a combination of amphetamine and dextroamphetamine.

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## Chapter 5 : Stimulant Addiction and Abuse - Understanding Performance Enhancers

*Stress May Lead Students To Use Stimulants Date: April 11, Source: University of Michigan Health System Summary: The performance pressures from end-of-semester exams and papers can take a*

**Stimulant Prescription Facts** Stimulants are a broad grouping of drugs that include both illicit drugs and prescription drugs. Illicit stimulant drugs include cocaine and methamphetamine. Prescription stimulants, including ADHD drugs, are also used for the treatment of narcolepsy, obesity and binge eating disorder. Prescription stimulants include Adderall, Ritalin and Concerta, among others. Prescription stimulants can typically be prescribed to children aged six and older, as well as adults. When someone with ADHD is prescribed a stimulant drug, it should help them focus, concentrate and have more self-control. While there are medical reasons stimulants are prescribed, these drugs are recreationally misused as well. Recreational misuse of prescription stimulants has gone up significantly in the past two decades because they are so widely available. Prescription stimulant misuse is especially common among teens and college students since these drugs can help improve cognitive performance and may have other desirable effects such as weight loss.

**Stimulant Regulations** Most prescription stimulants are classified as amphetamines. Amphetamine is in drugs like Ritalin, while Adderall is a combination of amphetamine and dextroamphetamine. Amphetamine is a Schedule II controlled substance in the U. This means that these drugs have an accepted medical use, but there is also a high risk of severe physical and psychological dependence stemming from the misuse of these drugs. Cocaine is also a Schedule II drug in the U. Speak to a Stimulants Intake Coordination Specialist now. Seeking addiction treatment can feel overwhelming. Speak with an Intake Coordination Specialist now. Cocaine is very addictive and also causes physical withdrawals in many cases. Crack cocaine is a stimulant as well. Methamphetamine is a highly powerful, dangerous and often deadly stimulant. Over time, however, meth can cause serious brain and organ damage. Many people report being addicted to meth after using it only once. Among prescription drugs, Adderall is one of the most commonly misused. Adderall contains amphetamine, and it can cause serious side effects, like a heart attack or stroke. When someone uses stimulants, it causes there to be more available dopamine and norepinephrine in the brain. When the effects of stimulants wear off, people will experience a crash. A stimulant crash can include fatigue, lethargy, apathy, loss of motivation, depression and anxiety. Their heart starts to beat faster, and body temperature and blood pressure can rise as well. Sometimes people who misuse high doses of stimulants will start to behave erratically, aggressively or even violently.

**Half-Life Of Stimulants** The half-life of stimulants can vary quite a bit depending on the specific drug. The elimination half-life of a drug refers to how long it takes for half a dose of a drug to leave the system. It usually takes around five half-lives for a drug to be fully eliminated from the system of a person. Below is an example of some of the half-life estimates of commonly misused stimulants: Cocaine has a very short half-life of usually less than an hour. Methamphetamine has a longer half-life of around 12 hours, and the effects of being high on meth can last for anywhere from four to eight hours. The half-life of amphetamines which are what is found in most ADHD medications is usually less than 11 hours.

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### Chapter 6 : Prescription Stimulant Medications (Amphetamines) | NIDA for Teens

*Intuniv may be an especially good option if your child's current medication simply isn't working well, he hasn't been able to tolerate other stimulants because of side effects, or if you have been wary of putting your child on a stimulant.*

This comes from many areas: The pursuit of perfection, of course. As with most things in life, if it seems too good to be true, it probably is. Adderall and other drugs usually prescribed for attention-deficit hyperactivity disorder some of the other common drugs are Ritalin and Vyvanse are some of the most widely prescribed—and widely abused—prescription medications in America. Studies estimate anywhere from ten to 35 percent of college students abuse prescription drug stimulants, like Adderall, to boost their academic focus and achievement. The numbers increase with older students, as many as 80 percent of upperclassmen at one university. The numbers, put in perspective, are pretty alarming. Statistics resulting from studies have shown that students at highly competitive schools, especially in the Northeast, are more likely to abuse the prescription stimulants. The statistics, however, do not include the countless number of students that have prescriptions for the drugs by faking or exaggerating the symptoms of ADHD. These drugs are prevalent on college campuses, though are immensely popular amongst high school students as well, likely due to extensive media coverage. One study found that Adderall and other drugs like it is abused more than marijuana and far easier to obtain. While many students utilize the medications for performance-enhancing academic pursuits, others that have access to the pills see it as a money-making goldmine. A very dangerous-to-your-health, federal offense of a goldmine. Adderall, one of the most common stimulants, is dangerous and, as a result, is considered a Class 2 controlled substance. Drugs within the category, according to U. What may sound like a wonder-drug may be “ for those who need it. The effects are compared to drugs like cocaine or speed. Unfortunately, students who do need these pills and have legal prescriptions, feel the pressure also. After all, it is a drug. In addition to being a federal crime to possess the pills without a prescription, usage of such stimulants has a high level of abuse and can lead to frightening side effects. Anxiety, depression, dependency, extreme anxiety levels, nervous breakdowns, sleep disorders, suicidal thoughts, psychosis—a mental disorder that causes a loss of grip with reality—and a variety of other mental illnesses. These are just a few of the common complaints associated with taking the drug. Less serious symptoms include nervousness, jitters, stomach problems, headaches, sleeplessness and a decrease in appetite. Contrary to popular belief, sudden death has been attributed to the use of performance-enhancing stimulants. One study by Dr. What may seem like a solution to achieving it all has significant long term effects in the way people think, develops mood disorders and can even impair the ability to function normally. Students also complain that once they begin taking the drug to study, they no longer have the ability to study without it. Part of issue in solving the abuse is that these are not your average junkies. Those that commonly abuse the drugs are highly functioning even without the drug, often well-educated contributors to society. But with performance-enhancing stimulants, they effects are less noticeable because most people can function normally while on it. On the flip side, life on campus can be difficult for those that are rightfully prescribed stimulants. Students have experienced pressure from friends and acquaintances aware of their prescription, asking to purchase the pills. Luckily, many clinics and pharmacies have strict practices on early medication refills and replacing lost medication to help combat the issue of medication misuse. This creates an issue for those that actually need the drug to function normally in daily life, as the abuse causes anyone, regardless of condition, to need to jump through hoops for access to their medication. Many campuses are cracking down on their health care professionals prescribing stimulants without the necessary testing and procedure to confirm the diagnosis. But before media attention and a slew of lawsuits, it was a lot easier to get prescription. College students are bright and know what to say to get doctors to oblige with prescriptions. This led to questionable diagnostic practices, with many students manipulating the system for years. Now wise to the situation, schools have finally taken precautionary measures by changing policies for diagnosis, which can take a significant amount of testing and time. When policies were

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updated, the requests for the drugs remained high at schools like Fresno State, among many others across the country. The school was literally unable to handle the volume of requests and chose to no longer make diagnoses, referring students to medical health care professionals outside of the university. For students that actually need the drugs, this long process can become cumbersome. But, as with anything, one must balance risk and reward. Is it worth becoming dependent on a drug, risking a federal offense and experiencing mood-altering and, perhaps, life-threatening side effects? Have we, as a nation, given up on hard work and ethics? When laid out so clearly, the answer should seem quite obvious. Many struggle with addiction but, the good news is, there is help available. Acknowledging the issue means recovery is in sight. Why do you feel there is such a prevalence of stimulant usage amongst students? Need Money to Pay for College? Every semester, Fastweb helps thousands of students pay for school by matching them to scholarships, grants, and internships, for which they actually qualify.

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### Chapter 7 : Teens & Stimulants: Types, Risks & Symptoms of Drug Abuse

*Stimulants Effects Stimulants have a profound effect on the body and on the mind. There are both short and long-term effects associated with misusing and abusing stimulants.*

Anjan Chatterjee, chair of neurology at the University of Pennsylvania, remarks early in the film. Along with other experts interviewed, Chatterjee draws attention to the highly competitive nature of modern society as one of the factors driving prescription drug use. College students, professional athletes, and people in other highly competitive fields are pressured to strive for perfection and meet unrealistic standards of performance. In some cases, they turn to Adderall or other prescription stimulants to help them focus and stay awake for longer. But the potential benefits of using prescription stimulants to enhance performance may be more limited than many people realize. And these drugs carry the risk of serious side effects, including addiction. In recent decades, rates of ADHD diagnoses and stimulant drug prescriptions have increased. At the same time, stimulant drug misuse has become a growing issue of concern. In its latest national survey on drug use and health, the Substance Abuse and Mental Health Services Administration estimated that 1. It found the highest rate of misuse reported among young adults , ages 18 to More than 2 percent of young adults reportedly misused stimulants in the previous month. The lifetime rate of misuse in young adults is likely higher. Adderall can cause serious side effects Prescription stimulants can help people with ADHD manage their symptoms. But they offer fewer benefits to people without this condition. These risks are heightened when users combine Adderall with other stimulants, such as coffee or energy drinks. In fact, the recent death of a University of Tennessee student has been linked to combined Adderall and caffeine use. Over time, users can become physically and psychologically dependent on Adderall. Many users resort to illegal activities, such as purchasing prescription drugs from friends, to feed their habit. Overdiagnosis contributes to drug abuse To be diagnosed with ADHD, patients should demonstrate a history of specific symptoms and functional impairment in their academic, professional, or social life. To develop an accurate diagnosis for a child, physicians should generally speak with not only their parents but also their teachers or other adults that know them, he noted. To help limit the availability of Adderall, Varga would like general practitioners to refer patients to psychiatric professionals, rather than diagnose them with ADHD themselves. This might help faculty and other community members identify students who are engaging in prescription stimulant misuse or struggling with addiction. It might also help students understand the downsides of misusing prescription stimulants, including the health and legal risks. To address the competitive pressures that drive a lot of Adderall misuse, wider cultural changes are needed. Written by Heather Cruickshank on March 30, related stories.

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### Chapter 8 : What Are Stimulants? List of Stimulant Drugs & Their Side Effects - Drug-Free World

*Continued Side Effects of ADHD Medications. Stimulants sometimes have side effects, but those tend to happen early in treatment. They're usually mild and short-lived.*

As with any condition, these unwanted effects can be severe enough to cause ADHD patients to discontinue their treatment. It is important for physicians to be aware of side effects from real world experience as well as information supplied by drug companies. A team from Quintiles Inc. The drugs covered were amphetamine and dextroamphetamine Dexedrine ; atomoxetine Strattera ; dexamethylphenidate Focalin ; lisdexamfetamine Vyvanse ; and methylphenidate Concerta, Ritalin. Results showed that 48 percent of the patients surveyed reported at least one side effect, most often loss of appetite, sleep problems, and mood swings. Differences between the drugs in terms of side effects were thought to be minor. The rate of side effects appeared similar for drugs that stimulate the central nervous system and nonstimulant drugs. However, mood disturbances were more common on stimulants, whereas nausea and gastrointestinal problems were more common on nonstimulants. Wigal commented that drug treatment of ADHD typically brings significant therapeutic benefits. Most side effects settle down in a couple of weeks, or with a reduction in dose or change in timing. In fact, many are dose-dependent, she says. Nevertheless, they are often the reason why patients stop treatment. Longer-acting drug formulations used once daily are often preferred, to avoid the need to take medication during the daytime, and to minimize side effects. Lisdexamfetamine, sold as Vyvanse, is a new amphetamine which has been shown to work for up to ten hours in children and adults with ADHD. It has a side effect profile similar to other longer-acting amphetamine drugs. These tend to occur most at the start of treatment, or following an increase in dose. A further study confirmed that over 95 percent of side effects occurrences for all doses of lisdexamfetamine are mild or moderate. Research has also looked at the long-term side effects of ADHD medications. A review examined the evidence and found possible links to appetite and growth, both height and weight. Loss of appetite has been reported in up to 60 percent of children on stimulant drugs. Two major reviews examined all the available data and both concluded that stimulants may be associated with a reduction in expected height gain, at least in the first three years of treatment. But the available data on these outcomes is limited, so the true effects are still unknown. So far, long-term studies have been inconclusive or contained methodological flaws, so further information is needed. Drugs used to treat attention deficit disorder are generally considered safe and effective. Psychiatry Edgmont , Vol. Physician perceptions of the use of medications for attention deficit hyperactivity disorder. Journal of Managed Care Pharmacy, Vol. Therapeutics and Clinical Risk Management, Vol. New and extended-action treatments in the management of ADHD: Neuropsychiatric Disease and Treatment, Vol. Current issues around the pharmacotherapy of ADHD in children and adults. Pharmacy World and Science, Vol. Retrieved on November 10, , from <https://>

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### Chapter 9 : Which classes of prescription drugs are commonly misused? | National Institute on Drug Abuse

*May enhance analgesic effect with opioids and nonopioids, produce analgesia alone, or reduce the side effects of analgesics. adjuvant Requiring a larger dose of medication to achieve the same level of effect.*

**Medical Dimension** The medical dimension mentioned by all study participants can be subdivided into five different categories. They even tried to quantify the efficacy. On the one hand, participants praised the desirable efficacy of stimulants, but acknowledged the higher degree of side effects of stimulants and the better predictability of caffeine effects. Furthermore, they mentioned the higher degree of changed metabolism and the longer duration of effects of stimulants. The ratio of desired effects and side effects was very important for forming their opinion. Participants cited physical and mental side effects as important factors in their decision on using caffeine or stimulants. Using stimulants in a high frequency e. Furthermore, participants thought about physical long-term damage, which was considered to be pronounced in the case of using stimulants. To some extent, participants argued that stimulants were more harmful for their body and brain than caffeine without giving closer explanations for this opinion. In addition, participants remarked that some time after intake the desired effects become transmuted into their opposite. They argued that types of effects and efficacy can be anticipated easily in the case of caffeine whereas the limit of predictability becomes a risk factor with stimulants. Dose-titration is particularly easy to manage by counting the number of cups of coffee. It was stated that it was necessary to buy black market stimulants; therefore predictability of the effect of black market substances was reduced given the possibility that they could have been cut. **Ethical Dimension** Students differed in their opinions with regard to whether there is a moral difference between the use of caffeine and stimulants for CE. A typical answer of a participant who considered there to be no moral difference is: According to another participant, there are no moral problems with using neuroenhancers as long as the user is able to estimate the consequences and no other person will be harmed. By contrast, he considered short-term problems due to caffeine use, such as sleeplessness, much more benign. Whereas caffeine is freely accessible to everybody, stimulants are not, which implies a lack of equal opportunities. Only one student explicitly mentioned fairness or justice. He described considerable advantages that accompany the use of stimulants ability to revise and concentrate for a longer period of time and considered it unfair to those who are not able to afford the drugs or who are not aware of them. Only one participant directly stressed individual autonomy, saying that it is up to each person to decide for herself which substance to take for CE purposes. For this reason the student opposes any kind of prohibition concerning drug use and argued for free access to enhancers. And to reach it, I take the substance. There were also some more critical opinions, however. One student said that achieving something without taking enhancing drugs gives him a better feeling. Another one argued that the legitimacy of the type of substance to be used depends on the end a person pursues. He considered it legitimate for persons in special situations and with a high degree of responsibility to take stimulants for CE, such as medical doctors, pilots or those in the military. They said that the fact that stimulant use is not socially accepted plays an important role in determining the moral difference. They stated that while stimulant use is illegal, caffeine is legal. It was mentioned that there would be a legal inhibition threshold. Illegality was a reason for keeping the use of stimulants secret: However, three participants said clearly that they are not at all worried about law and that prohibition was not relevant for their decisions regarding whether to use caffeine or stimulants. Several participants raised the point of legalization of prescription stimulants and illicit drugs. For most of them, the distinction legal " illegal was considered to be very important. Some spoke in favour of legalization and argued that if drug use were legal, it would then be much safer and information would be better. Others were against legalization of illicit drugs or were undecided concerning this question. Differences regarding effect s and efficacy of caffeine vs. However, caffeine has at least three established mechanisms of action: We can only assert that the mechanisms of action are quite different, therefore the respective mechanisms of action are not directly comparable. However, the aspect of

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the different mechanisms of action leads to the aspect of clinical efficacy, abuse and addiction. Several participants stated that the clinical efficacy of stimulants is much higher than that of caffeine. However, clinical trials concerned with the efficacy of stimulants and caffeine that compare these two substances directly to each other in healthy subjects show that simple cognitive abilities vigilance, reaction time, attentiveness are increased by caffeine as well as AMPH with slightly stronger effects of 20 mg D-AMPH compared to mg caffeine [2] , [35] , [36]. Furthermore, Wesensten and colleagues stated that the duration of the benefits vary in accordance with the different elimination rates of the substance [36]. However, there are no direct effects on higher cognitive abilities e. According to the literature, stimulants and caffeine seem to be more or less equally effective regarding simple cognitive abilities, which are not comparable to complex cognitive abilities mentioned by the participants of our study learning, understanding, etc. That different legal status may imply stronger prescription and illicit stimulants or weaker caffeine effects. Beyond that, in contrast to caffeine, the opinion of stronger effects of AMPH " and MPH to a smaller extent " could also be explained by indirect effects of stimulants on motivation and not just cognitive abilities [10]. Participants often stated a difference regarding the risk of addiction: Prescription stimulants themselves have a certain risk of abuse and addiction [2] , [37] , [38]. Long-standing, these aspects lead to crucial controversy. Furthermore, illicit stimulants e. In our study, participants cite a higher abuse and addiction potential with regard to stimulants as compared to caffeine. It is important to consider how the participants administered their stimulants: All AMPH users except one have used stimulants intranasally which lead to pulsatile dopamine release. Because of this there is a remarkable higher abuse potential and risk of addiction than in case of oral use of stimulants. Interestingly, in their answers, users often did not give considerable weight to the ethical dimension. This disregard stands in sharp contrast to interdisciplinary scientific literature in the CE debate, where ethical aspects of CE such as individual autonomy, cognitive liberty, authenticity, fairness, justice, pressure to perform and other social aspects play a crucial role [3] , [4] , [14] " [18] , [20]. It seems that the users we interviewed focused on their individual situation and primarily did not account for conceptual aspects or broader implications of CE. Most of the users stressed the usefulness and the potential benefits and harms for themselves that go along with CE. What primarily mattered to them were efficacy, effects, and side-effects. Only one participant explicitly mentioned individual autonomy as a main argument in favour of CE and in favour of some kind of liberal regulation concerning CE within society. However, a related argument on means and ends played a considerable role for several participants: However, among the students interviewed, there is some lack of reflection on the adequateness of the means used. For some of the students, the end that they pursued even seemed to directly justify the means used. It seems that most of the students we interviewed did not consider arguments that can be considered genuinely moral arguments, i. In fact, only one of the students we interviewed mentioned aspects related to fairness or justice, and only one student mentioned possible harm to others. Genuine moral arguments would require a broader view which takes the interpersonal and social context into consideration. Instead, at least in their answers to the interview question, the students primarily focused on their individual situation and reflected on how to best achieve their ends. It seems that they did not thoroughly reflect on the context of their actions. Clearly, the answers we received represent folk morality, the views of those directly involved. Students emphasized the fact that using stimulants in a non-medical context is something illegal, and this fact mattered to them. We found that with regard to medical law, participants were well-informed. When asked for moral reasons or moral arguments, a considerable number of students just mentioned illegality. For some, illegality is an important argument against the use of stimulants for CE purposes, while others argue for legalization of stimulant use for CE. It seems that illegality of stimulant use serves as a decisive argument that ends any further discussion. Moral arguments may play such a limited role given the illegality of stimulants. Participants often began arguing amongst themselves about justifications for the use of caffeine or stimulants using divergent moral arguments, then came to the point of legal aspects and then promptly ended their discussion directly after naming legal aspects. Others named legal arguments earlier in their argumentation, then stopped and had to be asked by the

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interviewers to continue with their explanations. The moral arguments seem to have been left to law-makers without recognizing the differences between those participants calling for liberalisation and those who did not. Based on the results presented here, one may expect that liberalization would lead people to assume that there are no further relevant ethical issues with regard to CE. The students told us just those aspects or ideas that came to their mind during the limited period of the interviews. This does not mean that their answers and aspects mentioned were the only ones they had ever considered regarding CE. Furthermore, we do not assume that they always responded candidly. To a certain degree, one might expect that answers are influenced by social expectations in interview situations. It is important to stress that the interview responses do not tell us whether there is a moral difference between the use of stimulants or of caffeine. Instead, they give us some ideas about the aspects that matter to the persons involved, of how they see the situation. This perspective helps to establish an empirically-informed basis for the discussion of medical, social and ethical implications of CE. Such an empirically-informed basis is an important presupposition for any kind of future policy recommendation or regulation concerning CE. Beyond that, we have to admit that our findings have to be carefully interpreted and generalized. Interviews were carried out among a group of only 18 students who replied to placards on bulletin boards around the University campus which means that there is a selection bias. Although these aspects limit the power of this study, we gained an initial insight about the reasons for the choice of the type of substance which is used for CE. Conclusion Students using stimulants and caffeine for CE value medical, legal and ethical aspects to different extents. Less than half of the students see relevant differences between both substances. Medical and legal aspects play a major role, ethical reasons a minor role which seems to be overestimated in the literature. Weighing the medical, ethical and legal aspects corresponded to the individual preferences of substances used for CE. However, their views only partly depicted evidence-based medical aspects and the ethical issues involved. This result shows the need for well-directed and differentiated information to prevent the potentially harmful use of stimulants for CE. The authors have declared that no competing interests exist. The BMBF had no role in study design, data collection and analysis, decision to publish, or preparation of the manuscript.