

## Non-Stimulate Medicines

While stimulants are typically the first choice of medication used to treat ADHD there are Non-Stimulate treatments available. Non-stimulants may be prescribed if the patient does not respond to stimulants or if side effects are causing discomfort to the child.

Non-stimulants			
Name	Form	Estimated duration	Common side effects
<b>Strattera</b> ( <i>atomoxetine</i> )	Long-acting (extended release)	24 hours	Sleep problems, anxiety, fatigue, upset stomach, dizziness, dry mouth. Rarely, liver damage. There are some concerns about a link between Strattera and suicidal thoughts.

## Exercise and ADHD

Physical exercise has been found to significantly reduce ADHD symptoms and improve executive functioning (*Rommel Halperin Asherson and Kuntsi 2013; Archer and Kostrzewa 2012*)

Exercise can also lead to improvements in social skills, motor coordination, strength, and executive function performance in people with ADHD (*Kamp Sperlich and Holmberg 2014*)

## Other Options

Stephanie Moulton Sarkis' research suggests that there are effective alternative treatments available for ADHD. However, you should research on the treatments, and always discuss your concerns with your doctor. Avoid any treatment claiming it is a "cure" for ADHD. One of the options that many researchers have suggested to help manage ADHD is exercise.



The ADHD Foundation, in partnership with individuals, families, doctors, teachers and other agencies, works to:

- Build a positive foundation for life
- Improve life chances through better understanding and management of ADHD
- Raise awareness & understanding of ADHD – change the negative perception of ADHD into positive
- Bring about positive change and inclusion within policy and practice
- Support schools, GP's, youth justice services and other professionals who work with people living with ADHD

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## Basic Information about ADHD Medication: For Parents and Carers

Some children diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) may be prescribed medication. You must discuss any treatment/medication options with your child's paediatrician/psychiatrist to find the correct treatment and to make an informed decision.



It's a difficult decision for any parent to decide whether medication will benefit their child. This leaflet provides basic information to help understand your options better as a parent/carer.

## ADHD in children

Symptoms of ADHD, or attention deficit hyperactivity disorder, in children include inattentiveness, hyperactivity and impulsiveness. ADHD is the UK's most common behavioural disorder affecting school children and young people throughout the country. There is no single test for ADHD and the exact cause of the condition is not known. A specialist doctor can diagnose ADHD with the help of standard guidelines.

### Non-pharmacological Treatment:

- Cognitive Behavioural Therapy (CBT)
- Systemic Family Therapy
- Counselling
- Coaching
- Psycho-educative Training
- Stress Reduction and Relaxation Strategies

### Medical Treatment:

ADHD cannot be cured, but it can be managed with 2 different types of medication together with psychological support:

- Stimulant Medicines - Hard capsule
- Non-Stimulant Medicines - Hard capsule or liquid treatment

## Stimulant Medicines

Proper use of any medication is important. Prescription stimulant medications such as amphetamine and methylphenidate are controlled substances (regulated by government) and need to be handled in a serious manner because they have a high risk of abuse and dependence.

### Improper Stimulate Use: What you need to know

Terms used to describe improper stimulant use include misuse, abuse, and diversion.

#### Misuse

Misuse of a prescription stimulant happens when the medicine is used differently from how the doctor has instructed. Misuse happens when the ADHD sufferer takes a extra pill of their own prescription because they think they need it.

#### Abuse

Using a prescription medicine to get high or taking a prescription stimulant to see how it makes you feel is considered abuse. Stimulants have a high potential for abuse, and should be used only as directed.

#### Diversion

Diversion occurs when someone other than the person whose name is on the prescription uses it. Examples are giving your medication to a friend or taking medication from a sibling.

**Using a prescription medication in a way that does not follow the prescription, or that is not yours, can be dangerous—and it's against the law.**

## Types of Stimulant Medicines

Amphetamine Stimulants			
Name	Form	Estimated duration	Common side effects
<b>Adderall</b>	Short-acting	4-6 hours	Some loss of appetite, weight loss, sleep problems, irritability, tics. Short-acting medicines require frequent dosing.
<b>Adderall XR</b>	Long-acting	8-12 hours	Some loss of appetite, weight loss, sleep problems, irritability, tics. Long-acting medicines are convenient but may have greater effects on appetite and sleep.
<b>Elvanse</b>	Long-acting	10-12 hours	

Methylphenidate Stimulants			
Name	Characteristic	Estimated duration	Possible side effects
<b>Focalin</b>	Short-acting	4-6 hours	Some loss of appetite, weight loss, sleep problems, irritability, tics. Short-acting medicines require frequent dosing.
<b>Methylin</b>	Short-acting	3-4 hours	
<b>Ritalin</b>	Short-acting	3-4 hours	
<b>Equasym/ Ritalin SR</b>	Intermediate-acting	4-8 hours	Some loss of appetite, weight loss, sleep problems, irritability, tics. Longer-acting medicines are convenient but may have greater effects on appetite and sleep.
<b>Ritalin LA</b>	Intermediate-acting	8-10 hours	
<b>Concerta</b>	Long-acting	10-12 hours	Some loss of appetite, weight loss, sleep problems, irritability, tics. Longer-acting medicines are convenient but may have greater side effects on appetite and sleep.
<b>Daytrana patch</b>	Long-acting	10-12 hour	Skin irritation, some loss of appetite, weight loss, sleep problems, irritability, tics.

