

Rear End Report

Adderall

Vol. 6 Iss. 1

December, 2009

SJU Health Initiative

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Adderall: For Medical Use Only

Attention: Adderall does not boost academic performance

A study at the University of Michigan found that people who use Adderall nonmedically have a lower grade point average than those who do not use the drug.



What is Adderall?

Adderall is an amphetamine prescribed to people with ADD (attention deficit disorder), ADHD (attention deficit hyperactivity disorder), and narcolepsy. Adderall is one of the most widely prescribed drugs in the United States.

Since 1996, over 40 million people have received prescriptions for the drug. Adderall helps those with ADD, ADHD, and/or narcolepsy but it is dangerous and potentially deadly for those who do not receive or need a prescription for it. It is illegal to share Adderall or other prescribed drugs with others.

Nonmedical Adderall use among college students is growing more and more prevalent. According to a study from the National Survey on Drug Use and Health, full-time college students from the ages 18-22 were twice as likely as their counterparts who were not college students to use Adderall nonmedically.

An average of 7 percent of all college students have used Adderall without a prescription. Students who use Adderall without a prescription are not only breaking the law, but also threatening their health. Adderall has a number of risks, serious side effects and unknown long-term consequences.

For more information, search "Adderall" at [MayoClinic.com](http://www.mayoclinic.com).

Sources:

<http://www.oas.samhsa.gov/2k9/adderall/adderall.htm>

<http://www.drugrecall.com/news/adderall->

<http://www.vpul.upenn.edu/ohe/library/drugs/adderall.htm>

<http://www.mayoclinic.com/health/drug-information/DR602653/DSECTION=before%2Dusing>

The potential dangers for nonprescribed users:

Some of the side effects caused by Adderall include: dry mouth, stomach problems, loss of appetite, sleep difficulties, dehydration, hot flashes, nausea, heavy sweating, headaches and involuntary movements.

In 2005, Health Canada (similar to the FDA in the U.S.) pulled Adderall off the market after 20 Adderall users died unexpectedly. After investigations, the government agency put Adderall back on the market with added warnings that people with heart structure abnormalities should not take the drug.

Healthy Tips for Academic Performance:

- Make sleep a priority. Staying well rested (7-9 hours of sleep each night) will increase your memory.
- Don't procrastinate. You won't have to pull an all-nighter if you stay on task and use your time wisely.
- Take study breaks for yourself so you can get the most out of studying.