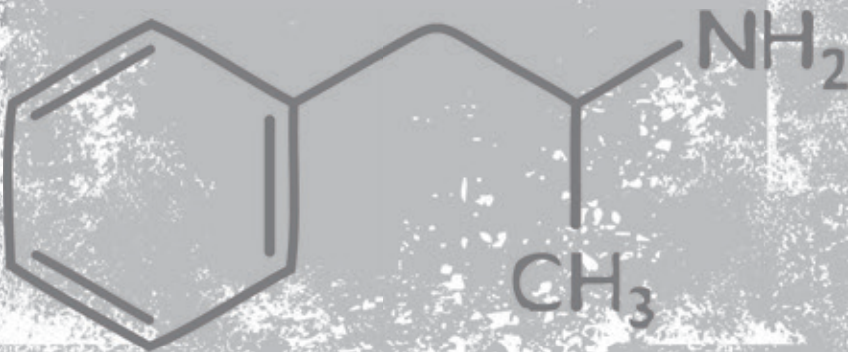


**GenerationRx**  
Preventing the Misuse and Abuse  
of Prescription Medications

# WADDERALL F. DILEMMA

*Tr<sub>x</sub>uth About  
Prescription Stimulant Abuse*



[go.osu.edu/generationrx](http://go.osu.edu/generationrx)

[cardinalhealth.com/GenerationRx](http://cardinalhealth.com/GenerationRx)



COLLEGE OF  
PHARMACY

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Cardinal Health Foundation.



**CardinalHealth**  
FOUNDATION

# Pharming to get by?

Prescription stimulants like Adderall are not approved for use as study aids, and the longer-term effects of this type of misuse are unknown. This behavior has potentially serious consequences because:

1. Prescription stimulants, like all medications, come with **side effects** or unwanted **reactions** to the drug.
2. The U.S. Food and Drug Administration (FDA) requires a prescription for these medications, as it has been determined that there is enough

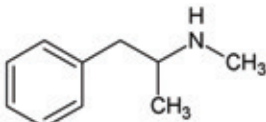
**risk** to dictate medical supervision. Just because a medication is right for one person **does not** make it right for another, even if they are close in age, weight, etc.

3. Adderall and other prescription stimulants are classified as a "Schedule II" controlled substance by the U.S. Drug Enforcement Agency (DEA) due to a **high potential for abuse and/or dependence**. It is a **felony** to possess a Schedule II substance without a prescription.

# Uppers, downers and on-the-grounders

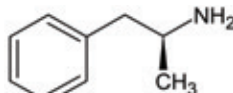
Stimulants, painkillers, and sedatives are frequently abused medications which can have potentially dangerous effects, especially when taken together. Unintentional drug overdose (largely due to these types of drugs) is the leading cause of accidental death in the U.S.

Prescription drugs are not inherently safer than illegal drugs, especially when misused or abused. Their chemical structures and effects on the body are more similar than you might think:



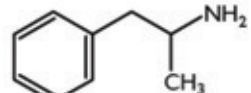
**Methamphetamine**

An Illegal Drug



**Dextroamphetamine**

The Main Ingredients in Adderall



**Amphetamine**

This "black box"<sup>1</sup> warning from the package insert for Adderall XR® stresses the potentially serious consequences of misusing or abusing this drug.<sup>2</sup>

## WARNING: POTENTIAL FOR ABUSE

### See full prescribing information for complete boxed warning

Amphetamines have a high potential for abuse; prolonged administration may lead to dependence. Misuse of amphetamines may cause sudden death and serious cardiovascular adverse reactions.

## Consider these healthier study alternatives:

Stay current with class material and work. Review a little every day. Establish good study habits and a regular study schedule. Set aside extra time before important tests or deadlines. Use healthier "stimulants" – snacks, exercise, and even caffeine in moderation. Use your other available resources (TAs, professors, tutors, friends, etc.) to get help when needed. Establish a study group to help reinforce your learning.

## Notes:

- 1 A "black box" warning is the most serious medication warning required by the U.S. Food and Drug Administration.
- 2 [http://pi.shirecontent.com/PI/PDFs/AdderallXR\\_USA\\_ENG.PDF](http://pi.shirecontent.com/PI/PDFs/AdderallXR_USA_ENG.PDF)

**Need help?:** Contact your college or university counseling, student health or wellness center.

Talk with your family, your doctor or pharmacist, academic advisor, or resident advisor.

The U.S. Substance Abuse and Mental Health Services Administration provides a searchable directory of drug and alcohol treatment programs, see <http://findtreatment.samhsa.gov>.

For a poisoning emergency (e.g., drug overdose) in the U.S. call **1.800.222.1222**.

**For more information:** The Generation Rx Initiative ([go.osu.edu/generationrx](http://go.osu.edu/generationrx) or [cardinalhealth.com/generationrx](http://cardinalhealth.com/generationrx))