
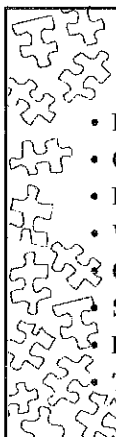


The Facts About Medication Treatment for ADHD and Autism


Joni J. Johnson, MD
Access Community Lecture Series
January 9, 2017

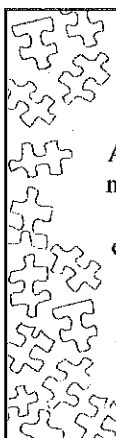




The Discussion

- Define ADHD and Autism
- Conventional Treatment for ADHD/ASD
- Is Medication a “Tool” or a “Fix”
- When to Consider Medication
- Classes of Medications
- Side Effects – What Should I Expect
- Feedback and Follow-Up
- The Internet as an Advisor

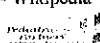




ADHD Defined

Attention deficit hyperactivity disorder is a neurodevelopmental and mental disorder in which there is problems paying attention, excessive activity, or difficulty controlling behavior which is not appropriate for a person's age.

- Wikipedia



Autism Defined

Autism is a neurodevelopmental disorder characterized by impaired social interaction, verbal and non-verbal communication, and restricted and repetitive behavior. Parents usually notice signs in the first two years of their child's life. These signs often develop gradually, though some children with autism reach their developmental milestones at a normal pace and then regress.


- Wikipedia

Conditions That Fall Within ASD
and could benefit from medication intervention

- ADHD
- Anxiety
- Disruptive Behavior Disorder (Aggression)
- Obsessive Compulsive Disorder

Conventional Treatments

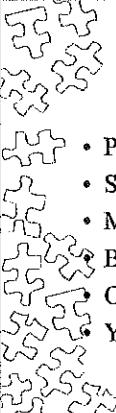
<u>ADHD</u>	<u>ASD</u>
<ul style="list-style-type: none"> • Medication • Behavioral Therapy • Combination 	<ul style="list-style-type: none"> • Applied Behavioral Analysis (ABA Therapy) • Medication for Specific Symptom Control



Is Medication a . . .

“FIX”	“TOOL”
Definitive Treatment	Adjunctive Treatment

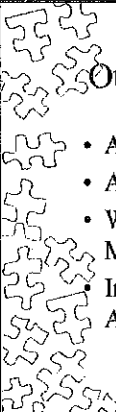
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When Should Medication Become an Option

- Performance declines
- Self-esteem is impacted
- Mood is affected (anxiety/depression)
- Behavior problems develop
- Other behavioral strategies fail
- Your child asks for help!

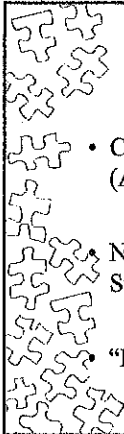
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Other Medication Considerations

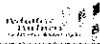
- Age of Patient
- Ability to Swallow a Pill
- What Symptoms Require Medication Management
- Intrinsic (ASD) vs. Extrinsic (ADHD) Attention – *the treatment is different*

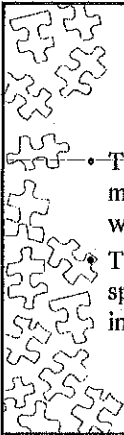
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Classes of Medications

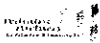
- CNS Stimulants
(Amphetamines/Methylphenidates)
- Non-Stimulants (Alpha-2A Agonists/Mood Stabilizers/Atypical Antipsychotics)
- "Medical Foods" (Supplements)

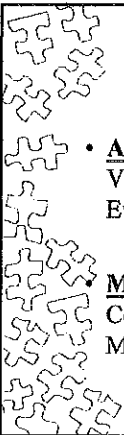




What Should I Expect?

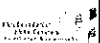
- To understand the specific behaviors that medications are intended to address and in what way
- To experience marked improvement in the specific behaviors with minimal negative impact on personality






Common CNS Stimulants (Controlled Substances)

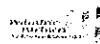
- **Amphetamines:** Adderall (IR/XR), Vyvanse, Dexedrine ER, Procentra, Evekeo*, Zenzedi*
- **Methylphenidates:** Ritalin (IR/SR/LA), Concerta, Focalin (IR/XR), Quillivant XR, Methylin, Metadate CD, Daytrana

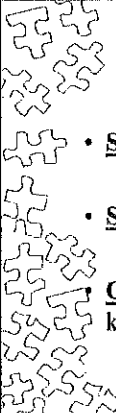




Side Effect: Stimulants


- **Common:** Headache, Stomach Discomfort, Change in Appetite, Change in Sleep Pattern, Behavioral Rebound
- **Significant:** Weight Loss, Dizziness, Chest Pain/Change in Blood Pressure, Hallucinations, Tics, Personality Change

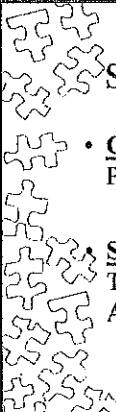




Common Mood Stabilizers


- **SSRIs:** Paxil, Prozac, Zoloft, Celexa
- **SNRI:** Strattera
- **Other:** Wellbutrin (not recommended in kids < 18 years old)

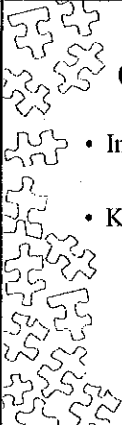




Side Effects: Mood Stabilizers

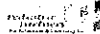
- **Common:** Nausea, Headache, Stomach Pain, Insomnia, Decreased Appetite
- **Significant:** Increased Risk of Suicidal Thinking and Behavior in Children and Adolescents

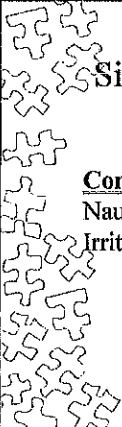




Common Alpha-2A Agonists

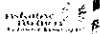
- Intuniv (Guanfacine IR/ER)
- Kapvay (Clonidine IR/ER)

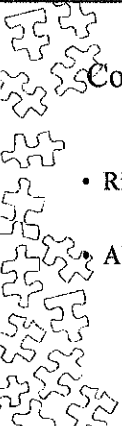




Side Effects: Alpha-2A Agonist

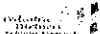
Common: Somnolence, Sedation, Fatigue, Nausea, Lethargy, Dizziness, Stomach Pain, Irritability, Nightmares





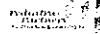

Common Atypical Anti-Psychotics

- Risperdal (Risperidone)
- Abilify



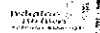
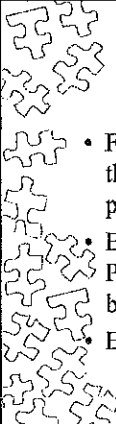
Side Effects: Atypical Anti-Psychotics

- **Common:** Weight Gain, Gynecomastia, Headache, Insomnia, Anxiety, Tremor, Abdominal Pain
- **Significant:** Increased Suicidal Thoughts and Behaviors, Tardive Dyskinesia, *Must monitor for Leukopenia/Kidney and Liver Failure with initial and routine labs*



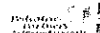

Common Medical Food: Vayarin

- FDA-Approved Medical Food to address the lipid imbalances seen in ADHD (by prescription only)
- EPA rich Omega 3 packaged with a Phosphatidylserine to cross the blood-brain barrier intact
- Essentially no reported side effects



Is The Medication Working?

- **Subjective Feedback – Vanderbilt Assessment**
 - Child
 - Teacher
 - Parent
- **Objective Feedback – Quotient ADHD Testing**



Objective Medication Monitoring
(ADHD Quotient Test)

Baseline Test, without Medication

- Classic ADHD with inattention and impulsivity
- 8 min. of attention, 9.5 min. impulsive, 2 min. distracted, 30 sec. disengaged

Attention State Analysis for 30 Second Segments

1 Minutes | 15minutes | 30minutes | 45minutes

Objective Medication Monitoring
(ADHD Quotient Test)

After Treatment with Medication

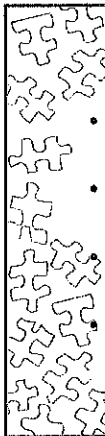
- Concerta 18 mg, 3 hours after dose
- 14 min. of attention, 5 min. impulsive, 1 min. distracted

Attention State Analysis for 30 Second Segments

1 Minutes | 15minutes | 30minutes | 45minutes


Recommended Follow-up with MD

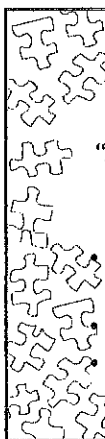
- Anytime – significant side effect concern
- One Week – titrating medication dose
- One Month – weight check and blood pressure monitoring
- Quarterly – stable on medication and dose



Poly-Pharmacy Considerations

- More than one medication may be needed if more than one diagnosis exists
- Try not to add a new medication to treat a side effect of a previous medication
- Symptoms frequently overlap, treat as many symptoms with one medication as possible
- Consider other methods to treat symptoms that don't directly impair potential







Weaning Medications

"Is medication forever, when can medications be stopped?"

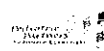
- Understand the positive effects of the medications
- Develop coping strategies
- Train on how to use medications as needed





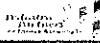
Other Therapy Considerations

- Cognitive Behavioral Therapy (CBT)
- Executive Functioning Coaching
- Neurofeedback
- Cognitive Brain Training
- School Supports (504 Plan/IEP)

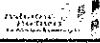



CAUTION!!

- Beware of the Internet as an advisor
- Locate a trusted Healthcare Provider to address any and all medical diagnoses or medication management concerns



Questions???





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