

Better tasting Candy

- ✓ Small bursts of exercise- get up and do 10 jumping jacks. Get your blood flowing!
- ✓ Small Snacks for a study break and don't skip meals!
- ✓ Chew gum
- ✓ Listen to pump up songs
- ✓ Caffeine- coffee, green tea, multivitamin with caffeine supplement
- ✓ Coke and Pepsi products
- ✓ Energy Drinks: Use with caution and in moderation

References

Jardin, B., Looby, A., & Earleywine, M. (2011). Characteristics of College Students With Attention-Deficit Hyperactivity Disorder Symptoms Who Misuse Their Medications. *Journal Of American College Health, 59*(5), 373-377. doi:<http://dx.doi.org/10.1080/07448481.2010.513073>

Herman, L., Shtayermman, O., Aksnes, B., Anzalone, M., Cormerais, A., & Liodice, C. (2011). The Use of Prescription Stimulants to Enhance Academic Performance Among College Students in Health Care Programs. *Journal Of Physician Assistant Education, 22*(4), 15-22

College Candy

The Truth About Adderall



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Georgia College

Nursing Students

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Is candy really worth all the cavities it comes with?

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About Adderall

Adderall
(dextroamphetamine/amphetamine salt
combo)

~Schedule II – highly controlled
medication with medicinal benefits

Use:

For the treatment of ADHD (attention
deficit hyperactive disorder)

Serious Adverse Reactions:

Dependency/abuse, withdrawal if
discontinued abruptly, depression,
psychosis, severe cardiac complications
(long-term use), anaphylaxis

Common Reactions:

loss of appetite, insomnia, abdominal
pain, headache, nervousness, elevated
blood pressure, fever, diarrhea,
nausea/vomiting, **ERECTILE
DYSFUNCTION.**



Statistics

~Greatest age at risk for Adderall
abuse and misuse are college age
students

~45% of college students reported
misusing Adderall

-Of those students, 27.9%
reported using alternative routes of
administration such as snorting

~23.3% reported mixing Adderall
with other drugs or alcohol

~48.8% reported giving or selling
their medication.

~Misusers were significantly more
likely than non-misusers to report
lifetime use of narcotics, marijuana,
cocaine, hallucinogens, and opiates.

~93.5% Reported using it to
concentrate better while studying,
however research shows that it has
the reverse effect because of the lack
of sleep, irritability, and over
excitability causing a lack of
concentration during the test time.



FUN FACT:

*One pill of Adderall is 3-5
dollars*

*Arrested with two or more
pills is a felony (intent to
distribute with a schedule 2
drug)*

*Lawyer fees for a felony
ranges from 5,000-15,000
dollars*

*Court fees are 300-700
dollars*

*Is one night of studying for
one test worth 5,300-23,000
dollars?*

Didn't think so.