

## STUDY DRUG

### Degree in Drug Abuse

Because Adderall increases a person's ability to focus and improves memory, Adderall use is becoming rampant on college, and even high school, campuses. In 2015, a study found that 7% of college students reported a non-medical use of Adderall, which is astounding. A study also found that 18-22 year old students who went to school full-time were twice as likely to have used Adderall recreationally than those in the same age group who didn't go to school full-time. More than 42% of people over the age of 12 who have used amphetamines did so without a prescription.

In a recent survey, 63% of individuals between ages 18-28 get a hold of amphetamines through their friends. More than 20% get the drug from a member of their family, slightly less than 20% get them from other students, and only 15% get it from an actual drug dealer.

**"But it really helps me, so I must have ADHD."**

You very well might. There's such a broad spectrum of ADHD that amphetamines may help with your attention. But if you haven't been evaluated and prescribed the drug by a physician, it's extremely dangerous to abuse amphetamines.

### Long Term Effects of Amphetamine Abuse:

- Dizziness
- Difficulty speaking
- Chest pain
- Changes in vision
- Weakness or numbness in arms or legs
- Blistering or peeling skin



## TEST YOURSELF

What do you know about amphetamines?

1. Drinking while on Adderall is ok as long as your of legal age and are prescribed Adderall.  
a. True                      b. False
2. Amphetamine is a depressant on the central nervous system.  
a. True                      b. False
3. Which of the following is NOT a side effect of amphetamine use?  
a. Headache                      b. Nausea  
c. Dry Mouth                      d. Weight Gain
4. Most people get their amphetamine from a friend.  
a. True                      b. False
5. Full-time students are 10 times more likely to recreationally misuse Adderall than students who aren't full-time.  
a. True                      b. False

# AMPHETAMINES



Answers: 1.B, 2.B, 3.D, 4.A, 5.B



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# A TROUBLING TREND



## WHAT ARE AMPHETAMINES?

An amphetamine is a stimulant on the central nervous system that is most commonly used to treat ADHD and narcolepsy, and the most common amphetamine is Adderall. It is a prescription drug, meaning that with a doctor's approval, a person can legally buy and take an amphetamine. Amphetamines increase the activity of the neurotransmitters norepinephrine and dopamine. However, due to its rising recreational use, amphetamine abuse is becoming one of the nation's fastest growing drug problems.

## HOW DOES IT WORK?

As previously mentioned, amphetamines stimulate certain neurotransmitters. Norepinephrine is a chemical in the brain that increases arousal and alertness, promotes vigilance, improves memory and focuses attention. Similarly, dopamine plays important roles in motivation and arousal, as well as motor control. For a person with ADHD (Attention Deficit Hyperactivity Disorder), their brain scans show a lot less activity in those two neurotransmitter areas, so amphetamines work to stimulate them—which actually results in that person being able to feel calmer and focused. For a person without ADHD or narcolepsy, amphetamines stimulate what is already working to a point where they feel overstimulated and hyper-aroused.

Amphetamines are like electrical switches that “turn on” the brain. For a person with ADHD or narcolepsy, it's as if you're just turning on the light. For person who doesn't need amphetamines, it's as if you're putting too much electricity into an outlet until it catches fire or the fuse burns out.



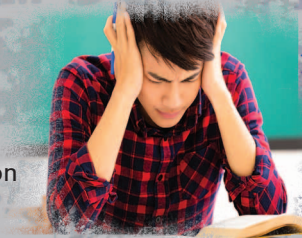
## ADDERALL ABUSE

Anyone using Adderall without a doctor's prescription is already abusing the drug. Even if you are prescribed it, it's still possible for you to abuse it if you do any of the following:

- Taking a higher dose than what your doctor prescribed
- Taking the medication in a method other than prescribed (like snorting)
- Taking the medication more frequently
- Using someone else's medication

### Side Effects of Amphetamine Use (When either abused or even taken correctly):

- Headache
- Dry mouth
- Nausea
- Reduced appetite
- Diarrhea or constipation
- Fast heartbeat
- Changes in sex drive



## ADDERALL AND ALCOHOL Not a Good Mixture

Most people know that mixing hard drugs and alcohol is a bad idea. But taking prescription drugs and only having a drink or two should be ok, right? Wrong! Drinking while on Adderall can actually increase your chances of overdose. When you drink, your body starts to give certain signals that you've had too much like slurred speech or impaired movement. Adderall delays these things from happening, so people who drink while they are on Adderall may end up drinking much more than they intended to. They may not feel drunk, but they are still at risk for alcohol poisoning, coma or even death.



## KATHERINE'S STORY

### Up All Night and Sleep All Day

It was her first day at college, and Katherine was so excited to meet her new roommate. They had exchanged some emails and texts, but were finally getting to meet in person. When she walked in, there was Nicole, already unpacking her suitcase. A prescription bottle was sitting on the bed. “It's just my Adderall for my ADHD. Without it, I'd never be able to get anything done,” explained Nicole.

Flash forward to finals week, and Katherine was struggling. She had always been an excellent student in high school, but classes were just so much harder in college. She didn't know how she'd have enough time to study for all five classes, go to her part-time job and keep up with her club responsibilities. She remembered what Nicole had said the first day they met, and Nicole had always seemed to be on top of everything. “She won't notice if I just take one pill,” thought Katherine. “I'll just take it so I can stay up late to study after I get off work tonight.”

Minutes after taking it, Katherine's senses were on fire. She re-wrote some notes, re-read some of the chapters, cleaned the dorm, did laundry, ran a mile on the treadmill at the rec center, organized her closet, highlighted her notes, re-wrote some more and finally....she crashed. Katherine hadn't slept in almost 24 hours and had only eaten maybe one meal. When she finally woke up, not only did she feel horrible, but she realized she slept right through her first final. Not exactly how she wanted to start off her college career. Katherine vowed to never do that again.