



# NEW TREATMENTS FOR ATTENTION-DEFICIT HYPERACTIVITY DISORDER

Attention-deficit hyperactivity disorder (ADHD) is a common behavioral disorder of childhood. It is characterized by inattention, distraction, impulsivity and/or extreme restlessness. It interferes with school performance and social relationships and can lead to discipline problems. ADHD affects about 2.4 million children in the U.S., but it can also affect teens and adults. Older patients are at a higher risk of dropping out of school, abusing drugs or alcohol and performing poorly in the workforce.

Stimulants have been used for years to treat ADHD successfully. However, early formulations needed to be given two to three times a day to control symptoms, so longer acting forms were developed. Recently, two long-acting products became available: Vyvanse™ (lisdexamfetamine) and Daytrana™ (methylphenidate).

## **Vyvanse™ (lisdexamfetamine)**

Vyvanse™ is converted in the body to dextroamphetamine (the active product). It comes in 30, 50 and 70 mg capsules that are taken by mouth once a day. The capsules can either be swallowed whole or opened to let the contents mix with water. Vyvanse™ can be taken with or without food, but a high fat meal may slow down how quickly the drug will work. The most common side effects of Vyvanse™ are decreased appetite, insomnia, stomach pain, headache and irritability.

## **Daytrana™ (methylphenidate)**

Daytrana™ is a patch that comes in four different strengths of methylphenidate: 10, 15, 20 and 30 mg/hr. It is worn on the hip for up to nine hours a day and then it must be removed. It takes about three hours before the medication leaves the patch and enters the blood, so its effect is delayed. Also, the effect will continue for a few hours after the patch is removed. Each day, the patch should be applied to the hip that was not used the day before. If the patch is applied correctly, bathing, swimming and showering will not cause it to come off. You should never apply heat directly to the area where the patch is located. The main side effects of Daytrana™ are reduced appetite, insomnia, headache and reddening or itching of the skin where the patch is located. Alternating the location of the patch can minimize this problem. If the rash becomes bothersome, worsens or does not go away within 48 hours after removing the patch, contact your doctor.

Just like other stimulants, Vyvanse™ and Daytrana™ should be used cautiously and under close physician supervision in people with heart conditions or mental health problems. Parents and doctors should regularly monitor height and weight of children taking stimulants. If these medications cause a decreased appetite or sleep problems, discuss this with your pharmacist or doctor. It may be possible to find a way to continue the medicine if it is working to control ADHD; otherwise, a change in medication may be necessary.

**For more information, ask your pharmacist!**

*This information provided by Michigan Pharmacists Association and:*

