Attention Deficit (Hyperactivity) Disorder
What you need to know in 12 pages!

Available as an ebook at www.tonymander.com.au
WELCOME

Welcome to Suite 62. Olivia, the rest of the team and I will do all that we can to ensure that treatment meets your expectations. If we fall short in any way, then have a conversation with us and we will do our best to put it right.

This booklet summarises the key information that you need to optimize treatment and get the best out of the service we offer. We prefer email contact since our office hours are variable. This ensures that we have an audit trail with regards to what we have said and done.

You will have been offered the choice of traditional doctor-patient services or the use of extended management. In the former you must come into the office for all your care needs (to have questions answered, renew prescriptions, get certificates and the like). With the latter you have the bonus of transacting much of your business via email and other modern communication technology. More than 95% of my patients choose the latter since even a short appointment will usually involve several weeks wait and a lost half day at work. The cost of the two are similar. Where we communicate with you and the email contains potentially sensitive data, we use protonmail with end to end encryption. Your decryption key is the first letter of your first and last names (as you lodged with us) and your year of birth without any spaces.

Quality is important to us so please complete the survey we email to you. It will take less than 2 minutes. I address all issues raised.

Finally, short term service changes are inevitable in a small practice (for holidays, sickness etc). These are posted on my business facebook page so that is an important resource if you can’t get hold of us for any reason.
## ASSESSMENT AND TREATMENT FLOW CHART

### Assessment
Clinical Interview; Corroboration; Testing

### Initial Treatment
1. Medication is the mainstay of treatment
2. Stimulants are safe and very effective
3. Long acting medications are preferable
4. Vyvanse is the superior long acting preparation as it is not affected by stomach contents and can be diluted
5. Most people do not get side effects. The most common are appetite and sleep disturbance. Care needed with the contraceptive pill
6. There are important interactions with alcohol and illicit drugs
7. BP and Pulse are monitored to manage cardiovascular risks

### Behaviour Therapy
Delivered via a Coach can be useful for some people. I am happy to make a recommendation.

### Stabilisation
1. Review treatment response (send email or make appointment)
2. Check understanding of ongoing management

### Maintenance
6-monthly scripts; Annual review; Urine checks as required

### Vyvanse
1. Costs can be reduced as all dose levels are the same price, so a capsule may last more than one day
2. Private insurance may provide a part rebate
THE MEDICATIONS

Interactions with alcohol and illicit drugs are well documented. Blood pressure should be regularly monitored, and the drugs are not safe in those with a personal or family history of structural cardiac abnormality. Clearance from a cardiologist before use is required in those individuals. Private prescriptions are generally cheapest at Chemist Warehouse and other DISCOUNT pharmacies and may be subsidised by your health fund.

STANDARD METHYLPHENIDATE (Ritalin):
Ritalin comes in 10mg tablets. The maximum allowed dose is 12 tablets daily. Most people take it three times a day (although occasionally will manage twice a day). Three times a day is usually breakfast, late morning and mid-afternoon. Twice a day is usually breakfast and early afternoon. The dose should be increased every couple of days. Start with 1 tablet twice or three times daily and then increase every couple of days until an effective dose is reached. As with all these medications once you are happy with your dose you can adjust it to meet your personal schedule. It is common for people to take more in the morning. For instance someone taking 6 a day might take $3 + 2 + 1$ rather than $2 + 2 + 2$. Medicare will not subsidise medication if more than 6 are taken daily. Common side effects include loss of appetite and sleep and sometimes a flu like feeling (see downloads).

LONG ACTING METHYLPHENIDATE (Concerta):
Concerta is a once a day preparation. They are taken with breakfast and last approximately twelve hours. Occasionally an individual will take them twice a day if the length of action in them is shorter. Maximum daily dose is 72mg. Start at 18mg once daily and increase every four days until the desired effect is obtained. Capsules come in 18mg, 27mg, 36mg and 54mg strengths. Concerta is only subsidised for those who were diagnosed and successfully treated with Ritalin before age 19. For
most adults, it is a private prescription. Common side effects include loss of appetite and sleep and sometimes a flu like feeling although these are less likely than with the standard preparation.

**LONG ACTING METHYLPHENIDATE (Ritalin LA):**
This lasts about eight hours. Maximum dose is 120mg daily. It comes in capsule sizes up to 40mg. Starting dose is 10mg increasing every four days until the desired effect is reached. For some people, they prefer this to Concerta so they are not over aroused in the evening. It is only subsidised for those who were diagnosed and successfully treated with Ritalin before 19. For most adults, it is a private prescription. Common side effects include loss of appetite and sleep and sometimes a flu like feeling although these are less likely than with the standard preparation.

**DEXAMPHETAMINE:**
Standard dexamphetamine comes as 5mg tablets. Side effects are the same as for Ritalin but with a higher risk of tolerance, dependence and, if not used as prescribed, addiction. Psychosis, if mixed with illicit drugs is a risk. The maximum dose is 12 tablets (ie a total of 60mg daily). Most people can get away with a twice a day dose. Start with 5mg twice daily (at breakfast and early afternoon), although it can be taken more frequently if required (usually breakfast, late morning and mid-afternoon). Increase the dose every day or two until an effective response is achieved. As with Ritalin the dose can be varied through the day to match your schedule. Common side effects include loss of appetite and sleep and sometimes a flu like feeling.
LONG ACTING DEXAMPHETAMINE:
This is not a commercial product and is made under licence by a small number of pharmacies in the Perth Metropolitan Area. It is not subsidised by Medicare. Dose range is 5-60mg daily. As with the long acting forms of Methylphenidate you start with 1 capsule and increase every four days until the desired effect has been obtained. The dose can be split for those who find that it does not last long enough. I initially issue the script for 10mg capsules. Once the correct dose is identified then future prescriptions are made up at that dose level, so most people only take 1 capsule daily. The pharmacy will issue 100 capsules at a time (sufficient to last just over three months). Common side effects include loss of appetite and sleep and sometimes a flu like feeling. These are less likely than with the standard preparation (see downloads).

LISDEXAMFETAMINE (Vyvanse):
Vyvanse (Lisdexamfetamine) lasts up to 14hrs in adults. Starting dose is 30mg for a week. After that 2 x 30mg will give you a good idea as to whether higher doses are better, and this can be adjusted with to 50mg or 70mg to align with available capsule strengths. Side effects are like dexamphetamine (see above) but generally less troublesome. Individuals often notice a smoother onset of action and more reliable effect during the day. It is currently a private prescription in Australia (see downloads). One useful feature is that the capsule contents can be diluted in water. It does not dissolve so stir any you have stored before use. Once diluted it is stable in the fridge for up to 5 days. Let suppose your ideal dose is 40mg. Take a 50mg cap, break it open and emulsify in 50ml water. The concentration is now 1mg/ml. If you drink 40mls you will have taken 40mg. This can make the prescription much cheaper. Let’s suppose your best dose is 35mg. Then a 70mg cap will last you 2 days so halving the cost as the different strengths are all the same price.

STRATTERA:
This is not a stimulant drug. It can be taken as a single dose in the morning or divided between morning and late afternoon. The starting dose is 40mg per day and increased after three days to 80mg daily. After a further four weeks it can be increased to 100mg daily (the maximum allowed dose). Side effects include nausea, constipation, dry mouth and dizziness with occasional problems passing urine. It may take up to 8 weeks to reach its full effect so be patient!

Did you know that all stimulants other than Vyvanse are affected by stomach acidity? The more acidic the poorer the absorption. See next section
A list of Acid / Alkaline Forming Foods

Your body pH affects everything...
Balancing the pH is a major step toward well-being and greater health.

The pH scale is from  0 - 14

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Healthy | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
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Healthy = 7.35 - 7.45

Human blood pH should be slightly alkaline ( 7.35 - 7.45 ). Below or above this range means symptoms and disease. A pH of 7.0 is neutral. A pH below 7.0 is acidic. A pH above 7.0 is alkaline.

An acidic pH can occur from, an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. Microforms like bacteria, yeasts and fungi also create acidic toxins in your body.
Not only that, but they proliferate in an acidic body. So, not only do they “show-up” in an acidic body, they also pollute and further acidify your body.

For this reason, it is important to cleanse & detoxify your body in order to jumpstart the process of balancing your pH.

The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a build up of acids in the cells will occur. By increasing your intake of alkaline-mineral rich water and alkaline supplements, you will replenish your body’s capacity to neutralize excess acids.

An acidic balance will: decrease the body’s ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease it’s ability to repair damaged cells, decrease it’s ability to detoxify heavy metals, make tumour cells thrive, and make it more susceptible to fatigue and illness. A blood pH of 6.9, which is only slightly acidic, can induce coma and death.

The reason acidosis is more common in our society is mostly due to the typical Australian diet, which is far too high in acid producing animal products like meat, eggs and dairy, and far too low in alkaline producing foods like fresh vegetables. Additionally, we eat acid producing processed foods like white flour and sugar and drink acid producing beverages like coffee and soft drinks. We use too many drugs, which are acid forming, and we use artificial chemical sweeteners like NutraSweet, Equal, etc, or Aspartame, which are poisonous and extremely acid forming. One of the best things we can do to correct an overly acid body is to clean up the diet and lifestyle.

To maintain health, the diet should consist of 60% alkaline forming foods and 40% acid forming foods. To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods.

Generally, alkaline forming foods include: most fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, and seeds and nuts.

Generally, acid forming foods include: meat, fish, poultry, eggs, grains, and legumes.
<table>
<thead>
<tr>
<th>Ranked Foods: Alkaline to Acidic</th>
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<tbody>
<tr>
<td><strong>Extremely Alkaline</strong></td>
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<tr>
<td>Lemons, watermelon.</td>
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<tr>
<td><strong>Alkaline Forming</strong></td>
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<tr>
<td>Cantaloupe, cayenne celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress.</td>
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<tr>
<td>Asparagus, fruit juices, grapes (sweet), kiwifruit, passionfruit, pears (sweet), pineapple, raisins, umbos plums, and vegetable juices.</td>
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<tr>
<td><strong>Moderately Alkaline</strong></td>
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<td>Apples (sweet), alfalfa sprouts, apricots, avocados, bananas (ripe), currants, dates, figs (fresh), garlic, grapefruit, grapes (less sweet), guavas, herbs (leafy green), lettuce (leafy green), nectarine, peaches (sweet), pears (less sweet), peas (fresh, sweet), pumpkin (sweet), sea salt (vegetable).</td>
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<tr>
<td>Apples (sour), beans (fresh, green), beets, bell peppers, broccoli, cabbage, carob, cauliflower, ginger (fresh), grapes (sour), lettuce (pale green), oranges, peaches (less sweet), peas (less sweet), potatoes (with skin), pumpkin (less sweet), raspberries, strawberries, squash, sweet Corn (fresh), turnip, vinegar (apple cider).</td>
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<tr>
<td><strong>Moderately Acidic</strong></td>
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<td>Bananas (green), barley (rye), blueberries, bran, butter, cereals (unrefined), cheeses, crackers (unrefined rye, rice and wheat), cranberries, dried beans (mung, adzuki, pinto, kidney, garbanzo), dry coconut, egg whites, eggs whole (cooked hard), fructose, goat's milk (homogenized), honey (pasteurized), ketchup, maple syrup (unprocessed), milk (homogenized).</td>
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<td>Molasses (un-sulphured and organic), most nuts, mustard, oats (rye, organic), olives (pickled), pasta (whole grain), pastry (whole grain and honey), plums, popcorn (with salt and/or butter), potatoes, prunes, rice (basmati and brown), seeds (pumpkin, sunflower), soy sauce, and wheat bread (sprouted organic).</td>
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<tr>
<td><strong>Extremely Acidic</strong></td>
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<td>Artificial sweeteners, beef, beer, breads, brown sugar, carbonated soft drinks, cereals (refined), chocolate, cigarettes and tobacco, coffee, cream of wheat (unrefined), custard (with white sugar), deer, drugs, fish, flour (white, wheat), fruit juices with sugar, jams, jellies, lamb.</td>
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<td>Liquor, maple syrup (processed), molasses (sulphured), pasta (white), pastries and cakes from white flour, pickles (commercial), pork, poultry, seafood, sugar (white), table salt (refined and iodized), tea (black), white bread, white vinegar (processed), whole wheat foods, wine, and yogurt (sweetened).</td>
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BLOOD PRESSURE

Stimulants increase this so make sure you monitor it and ensure your resting pulse is less than 100.

Using this blood pressure chart: To work out what your blood pressure readings mean, just find your top number (systolic) on the left side of the blood pressure chart and read across, and your bottom number (diastolic) on the bottom of the blood pressure chart. Where the two meet is your blood pressure.
What blood pressure readings mean:

As you can see from the blood pressure (BP) chart, only one of the numbers must be higher or lower than it should be to count as either high or low BP.

- 90 over 60 (90/60) or less is low
- More than 90/60 and less than 120/80 is ideal and healthy
- More than 120/80 and less than 140/90 is normal but a little higher than ideal so try making healthy lifestyle changes
- 140/90 or higher (over a number of weeks) means you may have high blood pressure. Consult your GP

SO:

- If your top number is 140 or more, you may have a high BP regardless of your bottom number.
- If your bottom number is 90 or more, you may have a high BP regardless of your top number.
- If your top number is 90 or less, you may have low BP regardless of your bottom number.
- If your bottom number is 60 or less, you may have low BP regardless of your top number.
RENEWING YOUR PRESCRIPTION AND OTHER VITAL INFORMATION

Despite our best efforts people still run out of medication and then claim they were not aware of the procedures!

- We are closed on Fridays and Public Holidays and always for the 2 weeks that includes Xmas and New Year.

- If you want to stay up to date check us out on facebook

- There are different processes for renewals dependant on which medication you are on, but in general you need to give us 1 MONTHS NOTICE that you need a new prescription.

- STANDARD RITALIN and DEXAMPHETAMINE, are sent for authorisation by Medicare ONLY IF YOU HAVE A HEALTH CARE CARD - SO LET US KNOW! Otherwise they will be issued as private scripts as the cost is below the government subsidy threshold at the major discounters such as Chemist Warehouse www.chemistwarehouse.com.au.

- CONCERTA, RITALIN LA and STRATTERA are usually private scripts and will be posted directly to you unless you are entitled to a subsidised PBS prescription in which case it will authorised by Medicare. Subsidised scripts can only be issued to those with Attention Deficit Disorder first treated with the medications before the age of 19 (and other restrictions apply). You need to prove you meet the relevant criteria.

- LONG ACTING (COMPOUNDED) DEXAMPHETAMINE is not a commercial preparation and those scripts are posted directly to Captain Stirling Pharmacy in Nedlands www.captainstirlingpharmacy.com.au, phone 9386 3380. You need to contact them after the script has been sent. They will take a day or two to prepare it for you and you can arrange to collect it or for the medication to be couriered to your home address. Most other compounding pharmacies are significantly more expensive as they do not have a licence to import dexamphetamine powder and so re-process commercial tablets. I strongly advise you don’t use them.

- VYVANSE (lisdexamfetamine) is currently a private script.
• If you are overdue for your annual review (or have not completed other requirements such as urine drug screens) prescriptions will not be issued.

• **IN AN EMERGENCY** if you have forgotten to renew your script then contact me and it will be done as soon as possible but will incur an extra charge. If I am on leave, ask your GP to contact the Health Department and get permission to issue you with a 1-month script. I always let the Health Department know when I am away.

• Read the product information statements regarding use of these drugs in **PREGNANCY**

If you use more than your prescribed dose, Medicare will refuse to grant an authority number when I try to renew it. **THERE IS NOTHING I CAN DO ABOUT THIS.** They calculate the number of tablets issued to you over a 6-month period (and can go back several years) and will insist that a further prescription waits until a given date before being issued. You will have no choice but to do without medication until that time. Lost or stolen tablets are not replaced.

**WHILE YOU ARE UNDER MY CARE IT IS ILLEGAL FOR ANY OTHER DOCTOR TO ISSUE YOU WITH A PRESCRIPTION FOR STIMULANTS EXCEPT IN AN EMERGENCY WITH PERMISSION FROM HDWA.**