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Drugs in the news- Adderall misuse rising among young adults

Adderall is said to be an addictive prescription stimulant with effects similar to cocaine. This drug is prescribed to treat attention deficit-hyperactivity disorder ADHD. Based on this article "Adderall misuse rising among young adults" Adderall is the drug of choice misused by students and young professionals who believe they need it to focus while studying or to help them learn faster. While I was doing my research I came across this article, and I found it to be very interesting. As a student I know that school can be really difficult and stressful at times when learning different material from multiple classes and then prepping for an exam. But to what extent would one go to somehow help increase productivity when studying and to help minimize stress?

When taking unprescribed doses of Adderall, an individual has a higher risk of becoming addicted. New research finds misuse of the drug has been growing, and comes with many risks. This article also stated that past research suggested that the use of stimulants such as Adderall can cause insomnia and heart problems in kids. Some side effects include things as minor as stomach aches and headaches to more serious issues including seizures and high blood pressure. The first thing that comes to mind is, do these students actually know the risks and side effects associate with misusing this drug. "Many of these college students think stimulants like Adderall are harmless study aids," But what they fail to realize is that there can be serious health risks associated with this drug. They should be more knowledgeable and aware of what they are putting in their body.

A study from Johns Hopkins Bloomberg School of Public Health shows that incidences of misuse and emergency room visits related to Adderall increased dramatically for young adults between 2006 and 2011. Over the six year study period I was shock to find out that a significant percentage of adults between age 18 and 25 that visit the emergency room was using non-prescription Adderall. The study, published in The Journal of Clinical Psychiatry, stated that the most common way of getting non-prescribed Adderall was from family and friends that are on the medication for ADHD.

Although we did not talk about Adderall in class, but based on what I have learned so far I was able to better understand what I was reading. Life can be hard and stressful at times but misusing drugs as a way of coping with reality is not the answer. Adderall is beneficial to people with ADHD but if misuse can lead to addiction. Addiction is a disease and until an addict is willing to admit that they have a problem and is willing to get help, this disease will eventually lead to death.

<http://www.cbsnews.com/news/adderall-misuse-rising-among-young-adults/>

<https://www.addictioncenter.com/stimulants/adderall/>

