

# THE TRUTH ABOUT PRESCRIPTION STIMULANT MISUSE

## TRUE

**Prescription stimulants are used to increase alertness, attention, and energy.**

**Taking or distributing prescription stimulants without a valid prescription is illegal.**



- Stimulants are used to treat attention deficit hyperactivity disorder (ADHD) and narcolepsy<sup>1</sup>
- Prescription stimulants include<sup>1</sup>:

### **Amphetamines:**

- Adderall<sup>®</sup>
- Dexedrine<sup>®</sup>

### **Methylphenidates:**

- Concerta<sup>®</sup>
- Ritalin<sup>®</sup>



- The Federal Food, Drug and Cosmetic Act states it is illegal to<sup>2</sup>:
  - Deliver
  - Distribute
  - Dispense
- Some university honor codes consider misusing stimulants at cheating<sup>3</sup>

# FALSE

**Stimulants can enhance academic performance.**

**Stimulants are not addictive; therefore, you cannot get addicted to them.**



- Many students believe that using stimulants can increase their academic performance<sup>4</sup>
- Stimulant misuse can actually cause a decline in GPA<sup>5</sup>
- Using stimulants can cause<sup>6</sup>:
  - Feeling high
  - High blood pressure
  - Anxiety
  - Agitation
  - Insomnia
  - Loss of appetite



- Prescription stimulants have short-term benefits<sup>7</sup>
- Long-term misuse use of prescription stimulants is harmful to the brain and the body<sup>7</sup>
- Misusing stimulants can lead to addiction and other substance use disorders<sup>8</sup>

# HOW TO KNOW IF FRIENDS ARE MISUSING PRESCRIPTION STIMULANTS

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Look out for the signs and symptoms of prescription stimulant misuse<sup>7</sup>:

**Hostility**



**Paranoia**



**Weight loss**



**Heart Issues**



**Seizures**



## RESOURCES

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Never be afraid to seek help for yourself or friends:

**Addiction Hotline:**

**I-800-662-HELP (4357)**

**Suicide Prevention Hotline:**

**988**

### UGA Resources

- **The Fontaine Center**
  - [www.healthpromotion.uga.edu/fontaine-center](http://www.healthpromotion.uga.edu/fontaine-center)
- **Prescription Medication Prevention & Education**
  - [www.uhs.uga.edu/dawgstakeasdirected/safe-rx](http://www.uhs.uga.edu/dawgstakeasdirected/safe-rx)
- **UGA Collegiate Recovery Community**
  - <https://healthpromotion.uga.edu/fontaine-center/crc/>
- **Alcoholics Anonymous**
  - [www.athensaa.org](http://www.athensaa.org)
- **Narcotics Anonymous**
  - [www.negana.org](http://www.negana.org)

# REFERENCES

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