

## **Ritalin (Methylphenidate) Side Effects**

**The drug has become such a common element of schooling that the New Yorker magazine listed it as one of the three R's — "Readin Ritin Ritalin" — on its cover.**

Let's begin with a quote from this report on a Congressional Investigation into the use of Ritalin and other drugs given today's children.

Peter R. Breggin M.D. Testimony September 29, 2000  
Before the Subcommittee on Oversight and Investigations  
Committee on Education and the Workforce  
U.S. House of Representatives.

" Parents throughout the country are being pressured and coerced by schools to give psychiatric drugs to their children. Teachers, school psychologists, and administrators commonly make dire threats about their inability to teach children without medicating them. They sometimes suggest that only medication can stave off a bleak future of delinquency and occupational failure. They even call child protective services to investigate parents for child neglect and they sometimes testify against parents in court. Often the schools recommend particular physicians who favor the use of stimulant drugs to control behavior. These stimulant drugs include methylphenidate (Ritalin, Concerta, and Metadate) or forms of amphetamine (Dexedrine and Adderall)."

### **Side Effects of Ritalin!**

Insomnia, Nervousness, Insomnia, Skin Rash, Hypersensitivity, anorexia, Nausea, Dizziness, Palpitations, Headache, Dyskinesia, Drowsiness, Blood Pressure, Pulse Changes, Tachycardia, Weight Loss, Angina, Cardiac Arrhythmia, abdominal pain And More There have been rare reports of Tourette's syndrome.

### **Toxic psychosis has also been reported.**

The following side effects have also been reported in patients taking this drug:  
Instances of abnormal liver function ranging from transaminase elevation to hepatic coma.  
Isolated cases of cerebral arteritis and/or occlusion; leukopenia and/or anemia.

### **Transient depressed mood**

And a few instances of scalp hair loss.

In children, loss of appetite, abdominal pain, weight loss during prolonged therapy, insomnia, and tachycardia may occur more frequently; however, any of the other adverse reactions listed above may also occur.

### **Did you know that . . .**

The Drug Enforcement Administration had classified Methylphenidate (Ritalin) as a Schedule II drug (controlled substance), comparable to Cocaine. A drug becomes a controlled substance when it has the potential for abuse and/or addiction. Other drugs in the same category are opium and morphine.

One of these dangers includes the fact that Methylphenidate causes constriction of veins and arteries, causing the heart to work overtime and inevitably leading to damage to the organ itself.

Schools receive additional money from state and federal government for every child labeled and drugged? This clearly demonstrates a possible "financial incentive" for schools to label and drug children.

A child taking a psycho-tropic, psycho-stimulant drug after the age of 12 is ineligible for military service? Checklists that are being used as criteria for diagnosis are very similar to the checklists used to determine Gifted and Talented Children? These two checklists are almost identical.

The Drug Enforcement Administration clearly states in their report on Methylphenidate: "However, contrary to popular belief, stimulants like methylphenidate will affect normal children and adults in the same manner that they affect ADHD children. Behavioral or attentional improvements with methylphenidate treatment therefore is not diagnostic of ADHD."

"Of particular concern is that most of the ADHD literature prepared for public consumption by CHADD and other groups and available to parents, does not address the abuse potential or actual abuse of methylphenidate. Instead, methylphenidate (usually referred to as Ritalin by these groups) is routinely portrayed as a benign, mild substance that is not associated with abuse or serious side effects. In reality, however, there is an abundance of scientific literature which indicates that methylphenidate shares the same abuse potential as other Schedule II stimulants."

That groups like CHADD and others available to parents are being supported financially by pharmaceutical companies? This is a red flag and demonstrates a conflict of interest in the role that these groups have regarding our children's health and well-being.