

ADHD Medication and The Heart: American Heart Association releases new guidelines

By Richard Hansen

The American Heart Association (AHA) has issued guidelines recommending that children be screened for cardiovascular problems before being prescribed stimulants, such as Adderall and Ritalin, to treat Attention Deficit Hyperactivity Disorder (ADHD).

These guidelines appeared first in *Circulation*, the journal of the American Heart Association.

They recommended that children have a physical exam, electrocardiogram, (ECG) and consult a pediatric cardiologist "if concerns are raised by history, physical exam or ECG" before being prescribed popular ADHD drugs.

These medical recommendations were prompted by evidence that stimulant drugs may increase the risk of sudden cardiac arrest.

Stimulant drugs are recognized to be an effective tool for treating ADHD. The most common of these include Adderall, Ritalin, Concerta, Dexedrine, Focalin and Cylert.

On average, stimulants have been shown to cause "an increase in heart rate of 1 to 2 beats per minute, and an increase in systolic and diastolic blood pressure."

These side effects are not held to be clinically significant in most children with ADHD. The AHA did note though that "there may be a potential for severe adverse events in some children with certain forms of congenital heart disease or arrhythmias."

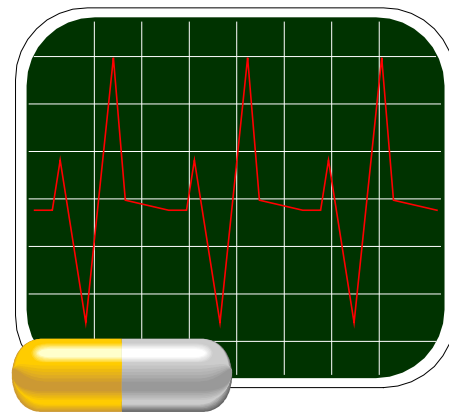
ADHD is considered the "most common neurobehavioral disorder of childhood, with over 2.5 million taking medications yearly."

Research cited by the AHA also indicates that between 33 percent and 42 percent of pediatric heart patients have ADHD.

A cardiovascular evaluation was found to be warranted because heart

disease in pediatric ADHD patients may go undiagnosed or not manifest noticeable symptoms until much later in life.

Researchers examined FDA records as part of the analysis used to formulate the report. They found that



between 1999 and 2004, 19 children taking ADHD medication had suddenly died, and 26 experienced cardiovascular complications including stroke, heart attack and heart palpitations.

In February 2005, Canada's drug regulatory agency, Health Canada, removed the amphetamine-based stimulant, Adderall XR, from the market. US reports of deaths in pediatric patients were a major factor behind this decision.

The FDA added an advisory to Adderall labeling in August 2005, titled "Sudden Death and Preexisting Structural Cardiac Abnormalities." It warned that "Sudden death has been reported in association with amphetamine treatment at usual doses with cardiac abnormalities. Adderall XR generally should not be used in children and adults with structural cardiac abnormalities."

Then in 2007, the FDA mandated that all manufacturers of drugs approved for ADHD create patient

Medical Guidelines to alert patients about possible cardiovascular risks.

The recent AHA report did not recommend, however, that all pediatric ADHD patients with heart complications forego treatment with stimulant drugs.

It was suggested instead that "it is reasonable to use stimulants in patients with known congenital heart disease and/or arrhythmias, if these patients are stable and under the care of a pediatric cardiologist."

Victoria Vetter, a co-author of the guidelines, emphasized this sentiment in an interview with *U.S. News*, "it's not that these are dangerous medicines. But by adding the ECG, and by being aware of possible heart disease, and monitoring the kids once you prescribe the medication, one can go ahead and treat the ADHD, and these kids can be very happy."

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Dr. Carl's Corner



Working in the supplement industry sometimes feels like having a front row seat at a three-ring circus.

The sad truth is that we live in the 21st century, but we still contend with the same kinds of pseudoscience, pill-pushers and modern-day snake-oil salesmen that haunted the town squares and county-fairs of one hundred years ago.

Every month MEND receives promotional mailings from our competitors. These include glossy, 100-plus page, catalogues filled with colorful images of airbrushed bikini-models and body-builders straight out of "Pumping Iron."

It is enough to make you start wondering if Barry Bonds and Roger Clemens decided to forward us their mail as soon as the Mitchell Congressional Report hit the public.

These companies employ flashy advertising and faulty science to trick consumers into playing a pill-popper's game of Russian Roulette with "health" products that credible and established research shows can do more harm than good.

At MEND, we refer to these catalogues and mailings as "Vita-Porn," because they represent little more than the nutritional equivalent of *Hustler!* Who knew Larry Flynt's alter ego was in the vitamin business?

MEND makes consumer education a priority in a market saturated with such high-gloss nonsense.

Our website, newsletter, postcards and podcasts offer consumers easy access to no-nonsense information they can use to make safe, informed decisions that will be of genuine benefit to their health.

MEND draws on health and medical research conducted at internationally recognized universities and medical research institutions to design its own line of supplements.

This good science highlights the tangible benefits bioavailable vitamins and nutrients can render when taken in the correct amounts and combinations.

MEND clearly understands that the "more is better" paradigm is simply not applicable to supplements. Instead, we believe everyone should work with a health care professional to assess their needs and identify the type and amount of supplements they need.

Unfortunately, most of our competitors appear more interested in bottom-lines and Vita-Porn false hopes and fantasies, than the consumer's well-being.

They pay little attention to the research published in peer-reviewed journals. Who knows if they would even understand these articles if they attempted to read them?

Examination of their mailings suggest they prefer to make outlandish promises of slimmer waist-lines, increased stamina and libido and bigger muscles instead.

MEND doesn't deal in miracle cures or magic-bullets. What we do offer however, are solid science and tools to help you maintain a healthy and vital life.

Advice for Enjoying the Great Outdoors This Summer

By Richard Hansen

Summer is almost here, which means we'll be able to participate in a variety of fun and healthy outdoor activities again. Here are a few basic tips to keep in mind when you venture into the Great Outdoors this season:

Drink Lots of Water: I make a point of drinking AT LEAST 2 liters of water a day when I go hiking. The hotter the weather and more strenuous the activity, the more water you'll need. Remember CLEAR AND COPIOUS - if your urine is clear and you're going often, you know you're drinking enough fluids. Early signs of dehydration are dizziness, irritability and headache. If you are experiencing these symptoms, it's time for you to take a break, cool down and replenish your fluids.

Safe Sun Exposure: No one denies that a good tan looks nice, but it's not worth getting skin cancer. Sunscreen helps, but keeping your skin covered is even better. Think about wearing a hat, especially one with a broad brim to protect the sun-sensitive face.

Avoid Cotton: *COTTON IS ROTTEN!* - Cotton clothing soaks up moisture and takes forever to dry. If you get wet or sweat heavily, your clothing will remain damp for a long time. If the temperature drops, you'll become cold in addition to wet. Clothing made from lightweight synthetic material is a good alternative because it wicks moisture away from the skin and dries quickly. Wool is a more natural option, but it can be a little warm for summertime. The plus side of wool, however, is that even when wet it will keep you warm.

Proper Footwear: Hiking is great exercise, as well as being a phenomenal way to see some beautiful places. If you are going for a "walk in the woods" wear a sturdy pair of boots that provide lots of ankle support. Make sure that your boots are broken in BEFORE you start your trip. All too often, people buy hiking boots and then don't put them on again until their first day on the trail. Do this and you'll pay dearly, probably developing blisters. Wear your boots around town or on short dayhikes before taking them out on a long trip. Your feet will thank you.



Laurie's Corner

Last year, in honor of Cinco De Mayo, I shared what my family fondly calls "Sam's Dip."

Sam is one of my five brothers who lives in San Diego, CA with his wife, Kim and their four adorable children.

I have since found out from Kim that "Sam's Dip" is a misnomer – she invented it and it should (and will) now be called "Kim's Dip."

I am repeating the recipe here since I have come up with a couple of tasty recipes using it as a base.



Kim's Dip (formerly known as Sam's)

1 can (11 oz.) shoepeg corn or just plain corn (15 oz.), drained
1 can black, pinto or aduki beans* (15 oz.), drained
1 jar salsa (16 oz.)
1 handful of fresh cilantro (chopped)**

Mix all together and serve with tortilla chips.

*It is worth the effort to find the aduki beans. The Eden Foods Aduki Beans can claims they're: "Nature's Perfect Food. Organic small red Aduki beans have a mild, sweet flavor and are EASY TO DIGEST. Traditionally eaten at New Years for WELL-BEING."

**Some people don't like cilantro at all – so you can avoid it. And there are people who do like it, but they don't like the taste of it cooked – so you can avoid it in the enchiladas.

Kim's Dip Enchiladas Serves 6 – 12

Kim's Dip (see above)
2 cups chicken, beef or pork, shredded (or ground beef, browned)
2 cans refried beans with green chiles (15 oz.)
1 can chopped green chiles (4.5 oz.)
1 can enchilada sauce (approximately 32 oz.)
12 large flour tortillas – be sure to check the package; there are usually only 6 per package
Grated cheddar cheese – approximately 2 cups
Black olives – sliced – approximately ½ cup
Green onions – chopped
Sour cream
Salsa

Preheat oven to 350 degrees. Baking time – 40 minutes total.

1. In a bowl, mix Kim's dip and the shredded chicken (beef or pork).
2. In another bowl, mix the refried beans and the green chiles.
3. Put some enchilada sauce on the bottoms of two 9" x 12" rectangular ovenproof pans.
4. Place one flour tortilla on a cutting board and spread about 1/3 cup of the refried bean mixture down the center. Put about 1/3 cup of the Kim's dip and meat mixture on top and then top that with some grated cheddar cheese.
5. Roll the flour tortilla up and place seam side down in pan. Repeat until done.
6. Pour the enchilada sauce over rolled tortillas. Cover pans with aluminum foil and bake at 350 degrees for 30 minutes. Then remove the aluminum foil and top with black olives and grated cheese. Put back in oven (uncovered) for 10 minutes. Serve with bowls of chopped green onions, sour cream and salsa. It is also great with Spanish Rice.

A note to vegetarians, vegans and those who are lactose-intolerant. We were having friends for dinner one night and this is what I planned to serve. I received a call from them a few hours before they were to arrive and they let me know that had

recently given up eating dairy products! Well, instead of panicking, I decided to make the recipe but avoided all the cheese and sour cream. Believe it or not, it was great! It was the ice cream for dessert that was a problem! I have also made these without meat, and they were delicious, too! Here is another fun way to enjoy "Kim's Dip."

Kim's Dip Fiesta Salad Serves 6

Kim's Dip (see above, again)
1/2 cups chicken, beef or pork, shredded (or ground beef, browned)
Lettuce, washed, patted or "spun" dry
Avocados, (wash, cut in half, carefully remove pit and skin and dice)
Tomatoes (wash, cut in half and dice)
Grated cheddar cheese – approximately 1 1/2 cups
Black olives – sliced – approximately 1/3 cup
2 - 3 Green onions – chopped
Sour cream
Salsa
Tortilla chips

1. In a bowl, mix Kim's dip and the shredded chicken (beef or pork).
2. Place lettuce, avocados, tomatoes, cheese, olives, green onions on salad plates (in this order).
3. Serve sour cream, salsa and chips on the side.

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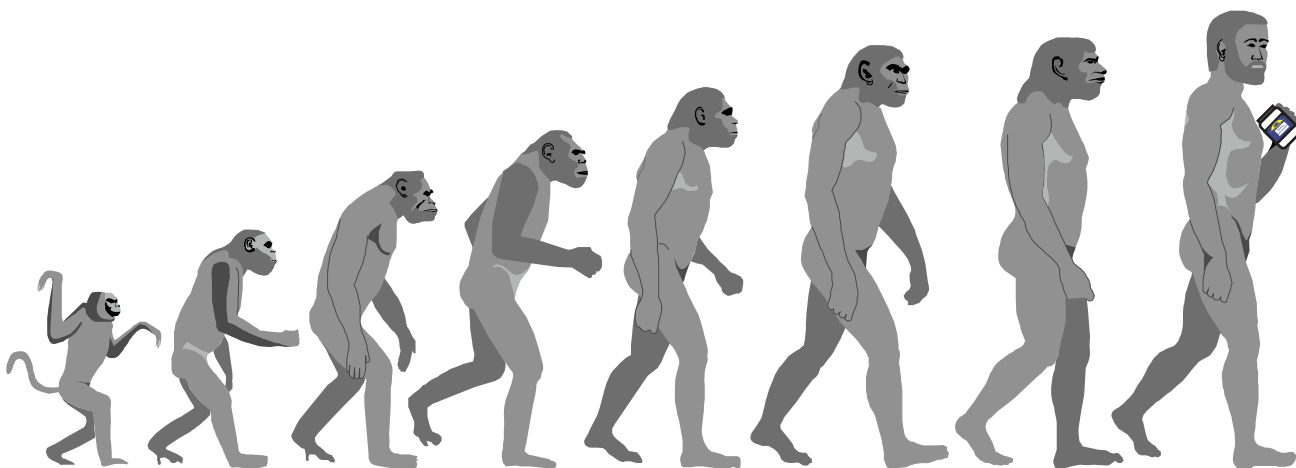
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