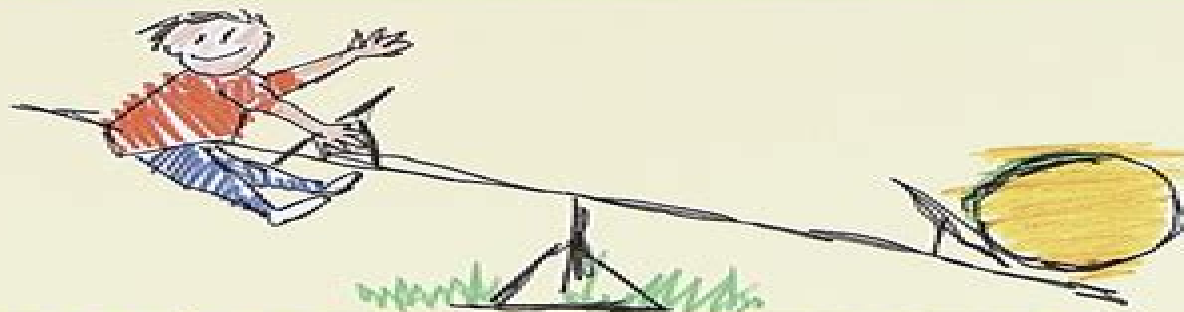


"Parents whose kids take the stimulant Ritalin for Attention Deficit Hyperactivity Disorder usually find themselves wondering about the value of using Ritalin. Anyone with doubts should read this thoughtful book." —*Los Angeles Times*

# Running on Ritalin

A Physician Reflects on Children,  
Society, and Performance in a Pill



LAWRENCE H. DILLER, M.D.

# Running On Ritalin

**Lawrence H. Diller**



## **Running On Ritalin:**

**Running on Ritalin** Lawrence H. Diller, 2009-09-23 In a book as provocative and newsworthy as *Listening to Prozac* and *Driven to Distraction* a physician speaks out on America's epidemic level of diagnoses for attention deficit disorder and on the drug that has become almost a symbol of our times Ritalin In 1997 alone nearly five million people in the United States were prescribed Ritalin most of them young children diagnosed with attention deficit disorder Use of this drug which is a stimulant related to amphetamine has increased by 700 percent since 1990 And this phenomenon appears to be uniquely American 90 percent of the world's Ritalin is used here Is this a cause for alarm or simply the case of an effective treatment meeting a newly discovered need Important medical advance or drug of abuse as some critics claim Lawrence Diller has written the definitive book about this crucial debate evenhanded wide ranging and intimate in its knowledge of families schools and the pressures of our speeded up society As a pediatrician and family therapist he has evaluated hundreds of children adolescents and adults for ADD and he offers crucial information and treatment options for anyone struggling with this problem *Running on Ritalin* also throws a spotlight on some of our most fundamental values and goals What does Ritalin say about the old conundrums of nature vs nurture free will vs responsibility Is ADD a disability that entitles us to special treatment If our best is not good enough can we find motivation and success in a pill Is there still a place for childhood in the performance driven America of the late nineties

**Remembering Ritalin** Lawrence H. Diller, 2011-05-03 How are the kids of Generation Rx doing now This groundbreaking book reveals the answers and raises some important new questions Written by a clinician with more than thirty years of experience with child patients *Remembering Ritalin* offers an intimate and revealing look at the ADHD generation how they're doing now and the long term effects of their diagnoses medication and treatment Revisiting former patients who are now in their twenties Dr Diller takes a fresh look at the issue of treating our kids Is ADHD a useful diagnosis or an oversimplified harmful label What are Ritalin's long term effects good and bad Together with his articulate former patients *Remembering Ritalin* provides insights into one of the most controversial treatment methods of our time Parents professionals and anyone who has been prescribed Ritalin will find these observations illuminating as they delve into the healing process and attempt to answer the question Was it the right choice

**Should I Medicate My Child?** Lawrence H. Diller, 2002-05 A behavioral pediatrician advocates a balanced approach to treating children with psychological problems covering children who are obsessive shy listless intense distractible angry and over energetic

**What You Need to Know about Ritalin** Shaya W Gilbert, James Shaya, James Windell, Holly Shreve Gilbert, 1999 Get the facts about the most prescribed pill for Attention Deficit Hyperactivity Disorder [ADHD Nation](#) Alan Schwarz, 2017-09-05 More than 1 in 7 American children get diagnosed with ADHD three times what experts have said is appropriate meaning that millions of kids are misdiagnosed and taking medications such as Adderall or Concerta for a psychiatric condition they probably do not have The numbers rise every year And still many experts and drug companies

deny any cause for concern In fact they say that adults and the rest of the world should embrace ADHD and that its medications will transform their lives Provided by publisher More, Now, Again Elizabeth Wurtzel, 2007-11-01 Elizabeth Wurtzel published her memoir of depression Prozac Nation to astonishing literary acclaim A cultural phenomenon by age twenty six she had fame money respect everything she had always wanted except that one true thing happiness For all of her professional success Wurtzel felt like a failure She had lost friends and lovers every magazine job she d held and way too much weight She couldn t write and her second book was past due But when her doctor prescribed Ritalin to help her focus and boost the effects of her antidepressants Wurtzel was spared The Ritalin worked And worked The pills became her sugar the sweetness in the days that have none Soon she began grinding up the Ritalin and snorting it Then came the cocaine then more Ritalin then more cocaine Then I need more I always need more For all of my life I have needed more More Now Again is the brutally honest often painful account of Wurtzel s descent into drug addiction It is also a survival story How Wurtzel managed to break free of her relationship with Ritalin and learned to love life and herself is at the heart of this ultimately uplifting memoir that no reader will soon forget **On Speed** Nicolas Rasmussen, 2008-03-01 An extensively researched account of the ups and downs in the history of uppers Uppers Crank Bennies Dexies Greenies Black Beauties Purple Hearts Crystal Ice And of course Speed Whatever their street names at the moment amphetamines have been an insistent force in American life since they were marketed as the original antidepressants in the 1930s On Speed tells the remarkable story of their rise their fall and their surprising resurgence Along the way it discusses the influence of pharmaceutical marketing on medicine the evolving scientific understanding of how the human brain works the role of drugs in maintaining the social order and the centrality of pills in American life Above all however this is a highly readable biography of a very popular drug And it is a riveting story Incorporating extensive new research On Speed describes the ups and downs fittingly there are mostly ups in the history of amphetamines and their remarkable pervasiveness For example at the same time that amphetamines were becoming part of the diet of many GIs in World War II an amphetamine abusing counterculture began to flourish among civilians In the 1950s psychiatrists and family doctors alike prescribed amphetamines for a wide variety of ailments from mental disorders to obesity to emotional distress By the late 1960s speed had become a fixture in everyday life up to ten percent of Americans were thought to be using amphetamines at least occasionally Although their use was regulated in the 1970s it didn t take long for amphetamines to make a major comeback with the discovery of Attention Deficit Disorder and the role that one drug in the amphetamine family Ritalin could play in treating it Today s most popular diet assistance drugs differ little from the diet pills of years gone by still speed at their core And some of our most popular recreational drugs including the mellow drug Ecstasy are also amphetamines Whether we want to admit it or not writes Rasmussen we re still a nation on speed *The Ritalin Orgy* Matthew Dexter, 2013-02 If you want to understand a society take a good look at the drugs it uses And what can this tell you about American culture Well look at the drugs we use Except

for pharmaceutical poison there are essentially only two drugs that Western civilization tolerates Caffeine from Monday to Friday to energize you enough to make you a productive member of society and alcohol from Friday to Monday to keep you too stupid to figure out the prison that you are living in Bill Hicks As a young teacher trying to inspire and save advisees from expulsion Nick Neary immerses himself into the secret rituals and lives of his students entering a world of excess beneath the campus that threatens everything including himself As a dorm parent Mr Neary battles his obligations to inform the deans about the ills he has witnessed with his visceral urge to crawl deeper into the clandestine underbelly to learn more The Ritalin Orgy is the unmitigated truth of decadence degenerates and the debauchery which encompasses America s most prominent prep schools

**The ADHD Explosion and Today's Push for Performance** Stephen P. Hinshaw, Richard M. Scheffler, 2014-04 Attention deficit hyperactivity disorder ADHD is one of the most controversial and misunderstood medical conditions today With skyrocketing rates of diagnosis and medication treatment it has generated a firestorm of controversy Alarming questions have been raised about ADHD in recent years including Why are one in nine children and adolescents in the U S now diagnosed with ADHD with projected rates still rising Why are nearly 70% of those diagnosed with ADHD prescribed medication What is causing the fast rising diagnosis and medication of adults And why are over a quarter of all college students using stimulants for academic performance In some southern states why are boys over 9 years old diagnosed at rates of almost one in three Can we trust the stories we read and hear about ADHD even in major media outlets What is driving the current ADHD explosion is it parents doctors schools culture the healthcare system or Big Pharma And will it end Stephen Hinshaw a distinguished psychologist and Richard Scheffler an eminent health economist uniquely blend clinical wisdom current science medical and school policy and global trends to debunk myths and set the record straight in The ADHD Explosion They describe the origins of ADHD and its huge costs to society the science behind its causes as well as medication and behavioral treatment and the variation in diagnosis and treatment across the U S Dealing directly with stimulants as smart pills they describe the epidemic of medicalization arguing that accurate diagnosis and well monitored care could ease the staggering economic burden linked to ADHD In innovative ways they unravel the many poignant issues facing children teachers clinicians and family members who contend with ADHD each day The recommendations they make can improve the quality of life for those touched by ADHD and potentially improve the productivity and safety of all society

**Mental Illness in Popular Media** Lawrence C. Rubin, 2014-01-10 Whether in movies cartoons commercials or even fast food marketing psychology and mental illness remain pervasive in popular culture In this collection of new essays scholars from a range of fields explore representations of mental illness and disabilities across various media of popular culture Contributors address how forms of psychiatric disorder have been addressed in film on stage and in literature how popular culture genres are utilized to communicate often confusing and conflicted relationships with the mentally ill and how popular cultures around the world reflect mental illness and disability Analyses of sources as disparate as the Batman films Broadway

musicals and Nigerian home movies reveal how definitions of mental illness mental health and of psychology itself intersect with discourses on race gender law capitalism and globalization Instructors considering this book for use in a course may request an examination copy here

**Cries Unheard** George Halasz, 2002 Examination of the debate surrounding Attention Deficit Hyperactivity Disorder Investigates the theory that many health workers fail to make a holistic assessment of a child within a family and social context leading many children with problematic behaviours to be misdiagnosed as having ADHD Also analyses other contributing factors such as social and economic changes parental depression and classroom management issues Includes contributor notes and references Published in both paperback and PDF formats

**Ritalin and Other Methylphenidate-Containing Drugs** Carmen Ferreiro, D. J. Trigg, 2009 Explores the prevalence of Ritalin in our society highlighting its benefits and its potential dangers Page 4 of cover

[Raised on Ritalin](#) Tyler Page, 2016-09

**Our Posthuman Future** Francis Fukuyama, 2017-06-15 Is a baby whose personality has been chosen from a gene supermarket still a human If we choose what we create what happens to morality Is this the end of human nature The dramatic advances in DNA technology over the last few years are the stuff of science fiction It is now not only possible to clone human beings it is happening For the first time since the creation of the earth four billion years ago or the emergence of mankind 10 million years ago people will be able to choose their children's sex height colour personality traits and intelligence It will even be possible to create superhumans by mixing human genes with those of other animals for extra strength or longevity But is this desirable What are the moral and political consequences Will it mean anything to talk about human nature any more Is this the end of human beings Our Posthuman Future is a passionate analysis of the greatest political and moral problem ever to face the human race

**Ritalin and Adderall** Jackie F. Stanmyre, 2015-07-15 These drugs have been prescribed routinely especially for the treatment of attention deficit hyperactivity disorder However they have been used for other purposes leading to abuse Teens can learn the benefits drawbacks and costs of these dangerous substances There are sidebars on how Adderall has entrapped pro athletes on safer ways to help a child focus as well as what to look for if you suspect someone is abusing these drugs

**ADHD Does not Exist** Richard Saul, 2014-02-18 In this groundbreaking and controversial book behavioral neurologist Dr Richard Saul draws on five decades of experience treating thousands of patients labeled with Attention Deficit and Hyperactivity Disorder one of the fastest growing and widely diagnosed conditions today to argue that ADHD is actually a cluster of symptoms stemming from over 20 other conditions and disorders According to recent data from the Centers for Disease Control and Prevention an estimated 6.4 million children between the ages of four and seventeen have been diagnosed with attention deficit hyperactivity disorder While many skeptics believe that ADHD is a fabrication of drug companies and the medical establishment the symptoms of attention deficit and hyperactivity are all too real for millions of individuals who often cannot function without treatment If ADHD does not exist then what is causing these debilitating symptoms Over the course of half a century physician Richard Saul has worked with thousands of patients

demonstrating symptoms of ADHD Based on his experience he offers a shocking conclusion ADHD is not a condition on its own but rather a symptom complex caused by over twenty separate conditions from poor eyesight and giftedness to bipolar disorder and depression each requiring its own specific treatment Drawing on in depth scientific research and real life stories from his numerous patients ADHD Does not Exist synthesizes Dr Saul s findings and offers and clear advice for everyone seeking answers

**Should I Medicate My Child?** Lawrence Diller,2003-04-17 When Running on Ritalin was published in 1998 it touched off a firestorm about treating children with psychiatric drugs Dr Lawrence Diller established himself as the leading expert on the controversial use of stimulants for attention deficit disorder Since then parents physicians teachers and psychologists have clamored for his expertise on psychological problems beyond ADD and on drugs beyond Ritalin More and more parents are asking the simple question Should I medicate my child The answer is not as simple as some experts say Children who are angry intense distractible over energetic obsessive shy listless or remote rarely benefit from an either or strategy Unlike those with a strong pro or anti drug agenda Dr Diller advocates a balanced approach he shows how a wise pediatrician one who prescribes drugs but also urges non pharmaceutical interventions when possible makes decisions Should I Medicate My Child empowers parents to ask the same questions Dr Diller poses in diagnosis and treatment Have all non drug approaches been tried Is the diagnosis accurate What s known or unknown about the recommended drug Calmly comforting authoritative and illustrated with real life examples Should I Medicate My Child is essential reading for parents who have been told their preschooler should be tested for a disorder whose fifth grader has been prescribed Prozac or Depakote or whose teenager has been diagnosed with a chemical imbalance Should I Medicate My Child features a detailed easy to access Appendix of Frequently Prescribed Drugs what they do side effects dosages and more Should I Medicate My Child answers parents vital questions Is it fair to discipline my hyperactive child if he can t help himself when he misbehaves Choosing the right kind of discipline is essential Often the time honored time out is not the best choice The psychiatrist says the medication he s prescribing is safe How can I know if that s true Dr Diller s detailed Appendix includes little known information on how or if a drug has actually been tested on children Does it make good sense to use medication right away Dr Diller explains why this can sometimes be the best course of action My pediatrician says there are drugs that will help my shy six year old be more outgoing Is this true Prescribing drugs for withdrawn children is a risky business Dr Diller explains why and offers alternatives to help ease their distress

*Popular Science* ,2001-06 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better

**Routledge Handbook of Physical Activity and Mental Health** Panteleimon Ekkekakis,2023-05-31 A growing body of evidence shows that physical activity can be a cost effective and safe intervention for the prevention and treatment of a wide range of mental health problems As researchers and clinicians around the world look for evidence

supported alternatives and complements to established forms of therapy medication and psychotherapy interest in physical activity mounts The Routledge Handbook of Physical Activity and Mental Health offers the most comprehensive review of the research evidence on the effects of physical activity on multiple facets of mental health Written by a team of world leading international experts the book covers ten thematic areas physical activity and the feel good effect anxiety disorders depression and mood disorders self perceptions and self evaluations cognitive function across the lifespan psychosocial stress pain energy and fatigue addictions quality of life in special populations This volume presents a balanced assessment of the research evidence highlights important directions for future work and draws clear links between theory research and clinical practice As the most complete and authoritative resource on the topic of physical activity and mental health this is essential reading for researchers students and practitioners in a wide range of fields including clinical and health psychology psychiatry neuroscience behavioural and preventive medicine gerontology nursing public health and primary care

**Generation Rx** Greg Critser, 2005-10-07 This in depth look at the rise of Big Pharma and pill marketing is a page turner Booklist starred review A finalist for a PEN America Literary Award for Research Nonfiction this book takes a deep look at how the pharmaceutical industry with some help from the medical and insurance fields and from American consumers themselves has pushed its products often at the expense of our health Generation Rx reveals the roots of many of the widespread societal problems we face today explaining how marketing efforts changed powerful chemical compounds for chronic diseases once controlled by physicians into substances we feel entitled to whether we need them or not Using exclusive interviews with the strategists scientists and current and former heads of GlaxoSmithKline Eli Lilly Merck Roche and more the author of Fat Land presents a fascinating and disturbing story of business interests unleashed on an unsuspecting public and a cultural shift that has caused lasting and sometimes lethal damage New Scientist What Fast Food Nation did for the way Americans eat Greg Critser does for the way we medicate ourselves Michael Pollan bestselling author of The Omnivore's Dilemma



## Reviewing **Running On Ritalin**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Running On Ritalin**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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