



Impact of Not Taking ADHD Medications

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Introduction

There are a lot of intense conversations centered around the use of ADHD stimulant medications. In an over-generalization, the media tends to demonize medications. Whenever medications are being used or abused, the media is quick to point out that stimulants are used to treat attention deficit hyperactive disorder (ADHD) as if to imply the meds are widely abused by those with the diagnosis. As a result, there's a lot of stigma around taking these medications, as well as reluctance to take the meds largely based on fear and misinformation.

A few years ago, I had interviewed Rick Green when he was at *Totally ADD*. He had produced a documentary about stimulant medications, and there were a few things about what he did that caught my eye. He said he's not pro medication, but he's anti-suffering. He also looked at not just the long-term implications of taking medications, but also at the long-term implications of not taking the meds.

Honestly, I did not fact-check his research in detail because his argument carried a strong level of merit. The more important consideration is to make an informed choice by evaluating not only the long-term impact of taking the meds, but also at the long term consequences of not taking the meds.

Yes, there is a significant cost to not getting treatment for ADHD—years of negativity (“Sit down”; “Stop doing that”; “You’re lazy and unmotivated”; “Why can’t you be like everyone else?”), poor performance at school or work, failed businesses, failed relationships, and an increased likelihood of a disability. All of these factors can contribute to a potentially shorter life expectancy.



Jeff Copper

ADHD and Attention Coach

MBA, PCC, PCAC, CPCC, ACG



In fact, this link between ADHD and a potentially shorter life expectancy for those with ADHD is addressed by Dr. Russell Barkley, perhaps the foremost expert on ADHD worldwide, in another DIG Coaching eBook, *ADHD, Self-Regulation and Life Expectancy: A Public Health Problem*.

The bottom line is this. Realistically, we don't want to take any substance or medication unless it can have a direct impact on our quality of life over the long term. This eBook and interview with Rick articulates the potential long-term impact of not taking meds so you can make an informed personal decision.

Substances impact everyone individually. My hope is that you gain the knowledge you need and listen to your body to make the best decision for yourself! Hope you enjoy the interview.



Interview:

Jeff Copper: Our topic is **“ADHD Medication: Straight Answers to Big Questions.”** And with us in our virtual studio is the Rick Green from *Totally ADD*. This is a little different because Rick produced a video called **“Straight Answers to Big Questions about Medications.”** The reason it's different is that it's five hours of video programming, but it's really about the information.

And what I like about it, Rick, is that you guys paid attention to medications and to what people are paying attention to and what they're not paying attention to. I think it's awesome.

*Rick Green is the award-winning producer, director, writer, and comic performer who made hundreds of innovative television radio shows. I'm going to skip to the chase. They produced **“Totally ADD & Loving It?!”** I remember seeing it on global TV back in 2007 or 2008 and instantly sent him an email and said this is a game changer.*

*They subsequently made **“ADD and Mastering It.”** Rick wrote and performed in **“The Rick Green Show”** that ran on PBS for about 15 years. Since that time, they've created an amazing community called **TotallyADD.com**. I encourage you to go there. There's all kinds of stuff and almost 450 interviews. But with all that said, Rick, welcome.*

Rick Green: Thank you, sir. Good to hear your voice again and connect with you. It's been awhile. But, yeah, well, I guess it was when we did our Christmas webinar and what did we have? I think we had 12 guests in two hours. It was quite exciting.

Jeff Copper: *It was a lot of fun. Dealing with gobs of analogy.*

Rick Green: Technically, it was a mess because, when I was on with you and Dr. Ari Tuckman and Dr. Roberto Olivardia, I got kicked off and couldn't get back on, and the three of you just ran with it. It was hilarious.